ELEVENTH EDITION

Food for Fifty

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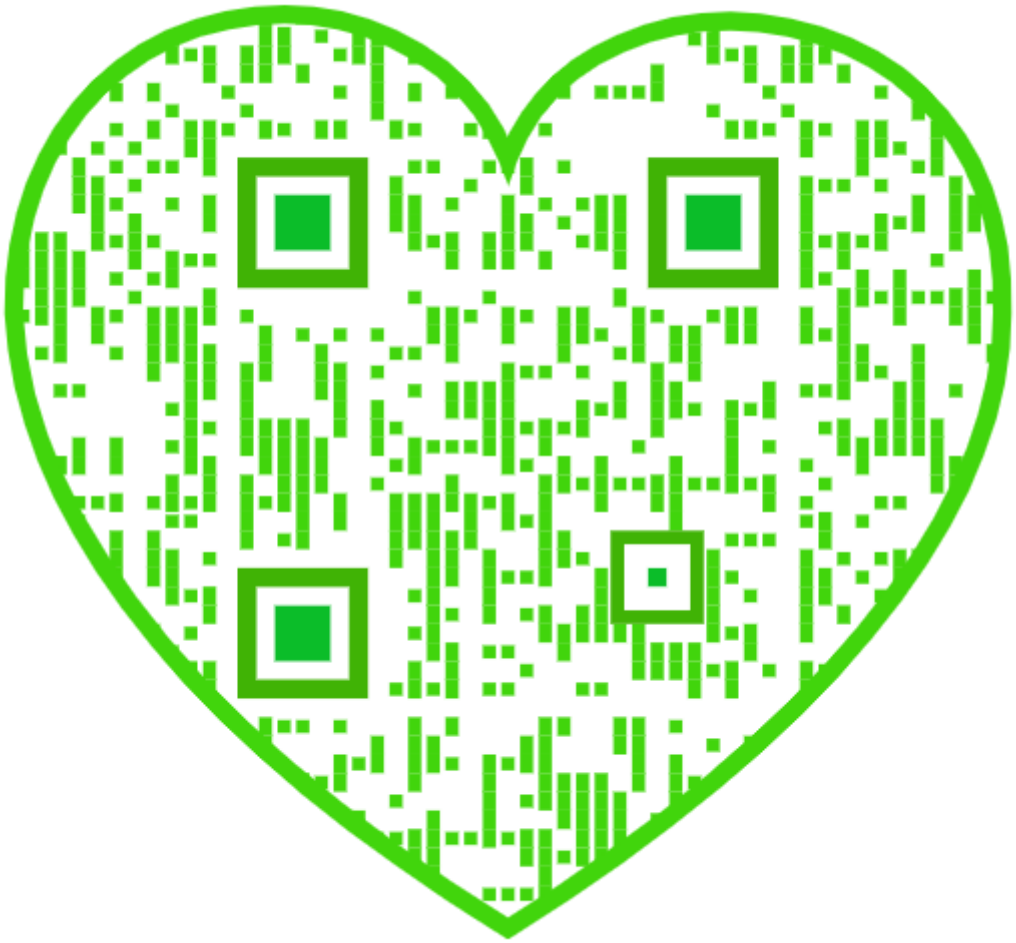

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To the many talented Kansas State University Housing and Dining Services dietitians and food service professionals that I have had the privilege to learn from.

Contents

PART ONE

Food Production Information 1

CHAPTER ONE

Food Production Information 3

How to Use Tables and Guides 3
Recipe Development and Construction 5
Recipe Adjustment 5
- Converting from U.S. Measurement to Metric 5
- Converting from Weight to Measure 6
- Increasing and Decreasing Recipe Yields 6
- Enlarging Home-Size Recipes 8

Reducing Fat, Sodium, and Sugar 9

PART TWO

Recipes 69

Recipe Information 70
- Yield 70
- Ingredients 70
- Weights and Measures 71
- Cooking Time and Temperature 71
- Critical Control Points 71
- Abbreviations Used in Recipes 71
- Basic Recipes 71

CHAPTER TWO

Appetizers, Hors d'oeuvres, and Special Event Foods 73

Appetizer Recipes 77

CHAPTER THREE

Beverages 87

Coffee 87
Tea 88
Punch 88
Wine 89
Beverage Recipes 89

CHAPTER FOUR

Breads 105

Quick Breads 105
- Methods of Mixing 105

Yeast Breads 106
- Ingredients 106
- Mixing the Dough 107
- Fermentation of Dough 108
- Shaping, Proofing, and Baking 108
- Freezing Yeast Doughs and Breads 108

Quick Bread Recipes 110
Yeast Bread Recipes 136

CHAPTER FIVE

Desserts 155

Cakes and Icings 155
- Methods of Mixing Butter or Shortened Cakes 155
- Methods of Mixing Foam or Sponge Cakes 156
- Cake Mixes 156
- Scaling Batter 156
- Baking 158
- Icings and Fillings 158

Cookies 161
- Proportion of Ingredients 161
- Methods of Mixing 161

Shaping 161
Baking 161
Storing 161
Pies 163
Ingredients 163
Mixing 163
Other Desserts 164
Cake Recipes 165
Icing Recipes 189
Filling Recipes 196
Drop Cookie Recipes 201
Bar Cookie Recipes 212
Press, Molded, and Rolled Cookie Recipes 218
Pie Recipes 223
Other Dessert Recipes 247

CHAPTER SIX
Eggs and Cheese 267
Eggs 267
Market Forms 267
Egg Cookery 268
Cheese and Milk 268
Cheese Cookery 268
Milk Cookery 268
Egg and Cheese Recipes 271

CHAPTER SEVEN
Fish and Shellfish 287
Fin Fish 287
Market Forms 287
Storage 288
Cooking Methods 289
Shellfish 291
Fish and Shellfish Recipes 293

CHAPTER EIGHT
Meat 311
Purchasing and Storage 311
Cooking Methods 312
Roasting 313
Broiling 317
Direct Grilling 317
Frying 317
Braising 321
Cooking in Liquid 322
Stewing 323
Degree of Doneness 323
Beef Recipes 324
Veal Recipes 346
Pork Recipes 348

CHAPTER NINE
Pasta, Rice, Cereals, and Foods with Grains, Beans, and Tofu 361
Pasta 361
Rice 361
Cereals 367
Other Grains 367
Beans 368
Tofu 368
Pasta Recipes 369
Rice Recipes 399
Cereal and Grain Recipes 413
Bean and Tofu Recipes 422

CHAPTER TEN
Poultry 433
Purchasing and Storage 433
Handling Poultry Safely 433
Cooking Methods 433
Broiling or Grilling 435
Deep-Fat Frying 436
Pan Frying 436
Oven Frying 436
Braising 436
En Papillote 436
Stewing or Simmering and Poaching 438
Roasting 438
Poultry Recipes 440

CHAPTER ELEVEN
Salads and Salad Dressings 463
Salads 463
Arranged Salads 463
Salad Bars 463
Salad Ingredients and Their Preparation and Storage 464
Salad Greens 465
Herbs 466
Vegetables for Salads and Crudités 467
Fresh Fruits 468
Canned Fruit 469
Other Foods 469
Salad Dressings 470
Vegetable and Pasta Salad Recipes 473
Gelatin Salad Recipes 490
Fruit Salad Recipes 493

Entree Salad Recipes 498
Relish Recipes 512
Salad Dressing Recipes 517

CHAPTER TWELVE
Sandwiches 531

Preparation of Ingredients 531
Breads 531
Spreads 531
Fillings 531
Vegetable Accompaniments 531
Preparation of Sandwiches 532
Closed Sandwiches 532
Grilled and Toasted Sandwiches 532
Open-Faced Hot Sandwiches 532
Canapés 532
Ribbon Sandwiches 532
Checkerboard Sandwiches 532
Rolled Sandwiches 533
Freezing Sandwiches 533
Sandwich Recipes 534

CHAPTER THIRTEEN
Sauces, Marinades, Rubs, and Seasonings 559

Entree and Vegetable Sauces 559
Dessert Sauces 560
Marinades, Rubs, and Seasonings 560
Entree and Vegetable Sauce Recipes 560
Dessert Sauce Recipes 583
Marinade, Rub, and Seasoning Recipes 589

CHAPTER FOURTEEN
Soups 597

Types of Soups 597
Commercial Soup Bases 597
Serving and Holding Soups 598
Stock Soup Recipes 598
Cream Soup Recipes 616
Chowder Recipes 620
Chilled Soup Recipes 626

CHAPTER FIFTEEN
Vegetables 629

Fresh and Frozen Vegetables 629
Directions for Boiling 630
Directions for Steaming 630
Directions for Stir-Frying 630
Canned Vegetables 630
Directions for Heating 630
Dried Vegetables 632
Directions for Cooking 632
Vegetable Recipes 633

PART THREE
Planning the Menu and Special Events 685

CHAPTER SIXTEEN
Menu Planning 687

Types of Menus 687
Factors Affecting Menu Planning 688
Clientele 688
Type of Foodservice 689
Financial Limitations 690
Food Availability 690
Production Capabilities 690
Menu Planning Procedures 690
Key Points in Menu Planning 690
Steps in Menu Planning 691
Menu Planning for Different Types of Foodservice 692
Elementary and Secondary Schools 692
Colleges and Universities 695
Commercial Foodservices 695
Hospitals 698
Extended Care Facilities and Retirement Communities 701

CHAPTER SEVENTEEN
Planning Special Meals and Receptions 703

Planning Responsibilities 703
Receptions and Teas 704
Coffees and Brunches 705
Buffet Dinners and Luncheons 706
Menu Planning 706
Table and Space Arrangement 706
Food Presentation and Service 709
Banquet Service 710
Preparation of the Dining Room 710
Setting the Tables 710
Seating Arrangement 711

Service Counter Setup for Served Meals 711
Table Service 711
Styles of Service 713
Wine and Bar Service 713
Wine and Food Pairings 713
Bar Service 716

APPENDIX A
Suggested Menu Items 717

APPENDIX B
Use of Herbs and Spices in Cooking 725

APPENDIX C
Potentially Hazardous Foods 733

APPENDIX D
Evaluating Food for Quality 735

APPENDIX E
Food Customs of Different Religions 737

Glossary of Menu and Cooking Terms 739

Index 749

Tables

General Information

Table 1.1 Amounts of Food to Serve 50 10
Table 1.2 Approximate Yield in the Preparation of Fresh Fruits and Vegetables 21
Table 1.3 Food Weights and Approximate Equivalents in Measure 22
Table 1.4 Basic Equivalents in Measures and Weights 31
Table 1.5 Weight and Approximate Measure Equivalents for Commonly Used Foods 32
Table 1.6 Metric Equivalents for Weight, Measure, and Temperature 36
Table 1.7 Convection Oven Baking Times and Temperatures 37
Table 1.8 Deep-Fat Frying Temperature 38
Table 1.9 Coatings for Deep-Fat Fried Foods 39
Table 1.10 Dipper Equivalents 39
Table 1.11 Ladle Equivalents 40
Table 1.12 Cold Storage Temperatures 40
Table 1.13 Refrigerator Defrosting Times for Meats, Seafood, and Poultry 41
Table 1.14 Temperatures and Bacteria Growth 41
Table 1.15 Safe Internal Temperatures for Cooked Foods 42
Table 1.16 Food Serving Temperatures and Holding Times 43
Table 1.17 Food Cooling and Storage Procedures 44
Table 1.18 Time and Temperature Standards for Reducing Food Safety Hazards of Potentially Hazardous Foods 45
Table 1.19 General Guidelines for Handling Food Safely 46
Table 1.20 Recommended Mixer Bowl and Steam-Jacketed Kettle Sizes for Selected Products 47
Table 1.21 Pan Capacities for Baked Products 48
Table 1.22 Counter Pan Capacities 49
Table 1.23 Common Can Sizes 49
Table 1.24 Ingredient Substitutions 50
Table 1.25 Ingredient Proportions 52
Table 1.26 Guide for Rounding Off Weights and Measures 53
Table 1.27 Ounces and Decimal Equivalents of a Pound 54
Table 1.28 Direct-Reading Table for Adjusting Weight Ingredients of Recipes Divisible by 25 56
Table 1.29 Direct-Reading Table for Adjusting Recipes with Ingredient Amounts Given in Volume Measurement and Divisible by 25 58
Table 1.30 Direct-Reading Table for Increasing Home-Size Recipes with Ingredient Amounts Given in Volume Measurement and Divisible by 8 64

Specific Food Information

Table 2.1 Suggestions for Appetizers 74
Table 2.2 Number of Hors d'oeuvres to Prepare per Person 75
Table 2.3 Entree Party Trays 76
Table 2.4 Name Suggestions for Hors d'oeuvres and Appetizers 77
Table 3.1 Expresso-Based Coffee Drinks 88
Table 5.1 Approximate Scaling Weights and Yields for Cakes 157
Table 5.2 Approximate Scaling Weights for Icings and Fillings 159
Table 5.3 Guide for Using Frozen Fruit in Pies or Cobblers 230
Table 6.1 Guide to Natural Cheeses 269
Table 7.1 Fin Fish Buying and Cooking Guide 288
Table 7.2 Methods of Cooking Fin Fish and Shellfish 289

Table 7.3 Timetable for Steaming Fish and Shellfish 290
Table 7.4 Marketing Sizes for Oysters 292
Table 7.5 Count and Descriptive Names for Raw Shrimp 292
Table 8.1 Names and Suggested Cooking Methods for Beef Cuts 312
Table 8.2 Timetable for Roasting Beef 314
Table 8.3 Timetable for Roasting Lamb and Veal 315
Table 8.4 Timetable for Roasting Pork in Conventional Oven 316
Table 8.5 Timetable for Roasting Pork in Convection Oven 316
Table 8.6 Timetable for Broiling Meat 318
Table 8.7 Timetable for Griddle Broiling Meat 320
Table 8.8 Timetable for Direct Grilling Steak 321
Table 8.9 Timetable for Braising Meat 322
Table 8.10 Timetable for Cooking Meat in Liquid (Large Cuts and Stews) 322
Table 8.11 Portioning Guidelines for Pizza 341
Table 8.12 Approximate Temperatures and Times for Cooking Pizza 343
Table 9.1 Basic Proportions and Yields for Converted Rice 367
Table 10.1 Cooking Methods for Poultry 434
Table 10.2 Roasting Guide for Poultry (Defrosted) 438
Table 11.1 Basic Salad Bar Components 464
Table 11.2 Storage Temperatures for Fresh Produce 471
Table 15.1 Timetable for Boiling or Steaming Fresh and Fozen Vegetables 631

Menu Planning Information

Table 16.1 Types of Menu Patterns 688
Table 16.2 Comparison of School Foodservice Menu Planning Systems 693
Table 16.3 Food-Based Menus Meal Plans 696
Table 16.4 Age Group Nutrient Standards for NuMenus and Assisted NuMenus 698
Table 16.5 Grade Group Nutrient Standards for NuMenus, Assisted NuMenus, and Food-Based Menu Planning 699
Table 16.6 Child and Adult Care Food Program USDA Food Chart 700

Wine and Bar Information

Table 17.1 Wine and Food Pairing Guide 714
Table 17.2 Wine Purchasing Guide 716
Table 17.3 Guidelines for Stocking a Bar 716

Figures

Figure 4.1 Shaping bread loaves 137
Figure 4.2 Shaping bowknot rolls 147
Figure 4.3 Braiding yeast dough 147
Figure 4.4 Shaping and panning cloverleaf rolls 147
Figure 4.5 Shaping crescent rolls 147
Figure 4.6 Shaping Parker House rolls 148
Figure 4.7 Preparing cinnamon rolls 153
Figure 5.1 Layering and icing a sheet cake 157
Figure 5.2 Suggested cutting configurations for cakes 159
Figure 5.3 Rolling and filling a jelly roll 187
Figure 5.4 Preparing pastry for a baked pie shell 224
Figure 5.5 Preparing pastry for a two-crust pie 226
Figure 8.1 Shaping meat loaf 332
Figure 9.1 Frequently used pasta shapes 362
Figure 9.2 Shapes and descriptions of selected pasta 363
Figure 10.1 Skinning and boning a turkey breast 434
Figure 10.2 Cutting up a whole chicken 435
Figure 10.3 Breading techniques for poultry 437
Figure 10.4 Carving a turkey 439
Figure 11.1 Suggested salad bar arrangement 464
Figure 11.2 Coring head lettuce 465
Figure 11.3 Preparing leaf lettuce 466
Figure 11.4 Peeling and sectioning grapefruit 469
Figure 11.5 Preparing fresh pineapple 470
Figure 15.1 Terminology for cutting vegetables and other foods 632
Figure 16.1 Food Pyramid 689
Figure 17.1 Table arrangement for a reception or tea 705
Figure 17.2 Table arrangement for buffet service, single line 707
Figure 17.3 Table arrangement for buffet service, single line using two tables 707
Figure 17.4 Table arrangement for buffet service, double line 708
Figure 17.5 Table arrangement for buffet service, double serving line 708
Figure 17.6 Double straight-line service for a buffet serving large numbers 709
Figure 17.7 Cover for a served meal 711
Figure 17.8 Placement of food and cover for a served meal 712

Color Photographs

Breads (following p. 112)

Exhibit I Bread Loaves
Exhibit II Bread Shapes
Exhibit III Bread Shapes
Exhibit IV Yeast Bread Variations
Exhibit V Quick Breads

Meats (following p. 336)

Exhibit VI Beef Steak Color Guide
Exhibit VII Buffet Display
Exhibit VIII Plate Garnishes
Exhibit IX Food Garnishes

Salads, garnishes and sandwiches (following p. 496)

Exhibit X Salad Greens
Exhibit XI Fresh Herbs
Exhibit XII Common Types of Mushrooms
Exhibit XIII Types of Onions
Exhibit XIV Melon Varieties
Exhibit XV Variety Produce
Exhibit XVI Fruit and Vegetable Garnishes
Exhibit XVII Entree Salads and Presentation Ideas
Exhibit XVIII Entree Salads
Exhibit XIX Entree Salads

(following p. 528)

Exhibit XX Sandwich Presentations
Exhibit XXI Sandwich Presentations

Preface

For 65 years *Food For Fifty* has been used as a resource for students in quantity food production and for persons in foodservice management. The book is designed to provide food professionals with quantity recipes that they can prepare with confidence of quality outcomes. Since the book's origin, revisions have been made to keep abreast of the changing foodservice industry. In the eleventh edition, new recipes have been added that reflect current food preferences and modern eating styles. Nonmeat pasta, bean, and vegetable entree recipes have been added in this new edition. Besides keeping current with new recipes, a longtime goal of *Food For Fifty* is to provide basic standardized recipes that can be adapted to produce similar foods as shown in popular magazines, home-size cookbooks, and trade publications. New recipes in this edition support this goal. This edition also includes an expanded section for planning and serving special meals, new temperature guidelines and safe food-handling standards, and updated food production procedures. The food safety guidelines in *Food For Fifty* will be useful for developing Hazard Analysis Critical Control Point (HACCP) plans.

ORGANIZATION OF THE BOOK

Food For Fifty is divided into three major sections. Part One, "Food Production Information," is intended as a guide to planning and preparing food in quantity. The section begins with a comprehensive table of amounts of food needed to serve 50 people, followed by tables of weights and measures, including metric conversion, and tables to help in changing weights of recipe ingredients to volume measurement. Directions for increasing recipe yields are helpful when adapting recipes given in this book to different yields and for increasing home-size recipes for quantity production. Preparation guides include tables for cooking temperatures, time and temperature standards, guidelines for handling food safely, food substitutions and equivalents, and pan and mixer bowl capacities.

Part Two, "Recipes," includes a wide variety of tested recipes given in yields of 50 portions and with many suggestions for variations of the basic recipes. Recipes are organized according to menu categories. Each recipe chapter begins with a discussion of general principles and production techniques for preparing the recipes in that section. Nutritive values for recipes are identified.

Part Three, "Planning the Menu and Special Events," offers guidelines and procedures for planning meals, with special considerations for different types of foodservices. Planning and serving special foodservice events such as receptions, buffets, and banquets are discussed, and guidelines for planning are provided.

At the back of the book is a list of menu planning suggestions (Appendix A), information for using herbs and spices in cooking and regional flavorings (Appendix B), potentially hazardous foods (Appendix C), food evaluation criteria (Appendix D), food customs of different religions (Appendix E), and an expanded glossary of menu and cooking terms.

DISTINCTIVE FEATURES OF THE BOOK

Food For Fifty has been recognized for many years as a dependable resource for students and food production managers. Part One is considered by many to be an indispensable reference for food production information. The various tables are helpful for menu planning, purchasing, and when making food production assignments.

Dietitians, foodservice managers, and faculty members have for many years depended on the standardized recipes in *Food For Fifty.* Recipes are written in an easy-to-read format, with standardized procedures that allow quality products to be prepared consistently. Suggested variations for many of the recipes increase the value of the recipe section. In this revised book, recipes now include new foods on the market and foods appropriate for helping clientele meet their dietary standards. This new edition serves to increase *Food For Fifty*'s value as a resource for a broad variety of recipes. The nutrition information will be helpful in planning and preparing foods for clientele with different needs. Food production, service, and storage

procedures will be useful for developing Hazard Analysis Critical Control Point (HACCP) plans.

Menu planning information is given in concise terms in Part Three. The discussion of planning procedures and the menu suggestion list in Appendix A are helpful to students and to foodservice managers whose responsibilities include menu planning. Many foodservices are called upon today to provide food for special events such as holiday meals, buffets, and coffees, receptions, and teas. Part Three offers suggestions for menus, organization, and service of these functions.

Many new full-color pictures present the reader with attractive photo inserts of breads, meats, produce, and salads. The pictures are provided to generate ideas and offer creative food production and service suggestions.

USING THE BOOK

Food for Fifty is written for many users. Students in quantity food production and foodservice management use the text as a resource for learning the standards, skills, and techniques inherent in quality food production. Instructors find beneficial the basic menu planning and food production features that equip them with the tools necessary for designing teaching modules and supervising laboratories. The reliability of the recipes, tables, and charts in the book allows instructors to make assignments with confidence of a quality outcome. Additionally, the text provides a resource for instructing students on how to plan and serve special foodservice functions. Foodservice administrators, managers, and supervisors are also users of the text. *Food for Fifty* is a comprehensive resource for quantity recipes and technical food production information. The book serves as a foundation for the food production system.

The uses for *Food for Fifty* as both an instructional text and food production resource are unlimited. We believe the following examples of how the text can be used address many of the book's strengths.

- Amounts of food to purchase may be easily determined. Accurate calculations are achieved by using the purchasing and yield information in Part One and the standardized recipes in Part Two.
- While the recipes yield approximately 50 servings, they can be adjusted easily for other yields by using the recipe extension procedures in Part One. A computer CD-ROM may be purchased for extending recipes in *Food For Fifty*.
- Menu planning is simplified by the lists of food item names, by menu categories, in both Appendix A and the Index. *Food for Fifty* also provides a comprehensive file of standardized recipes that can support the menu plan. General information on writing menus for various kinds of foodservices is included in the text.
- Recipes and ideas from trade and popular food magazines and cookbooks can be produced in quantity by adapting the basic standardized recipes in *Food for Fifty*.
- Variations are included for most recipes. Users are given suggestions for producing food products consistent with contemporary eating trends.
- Quality standards for food products may be established by using standardized recipes that produce a consistent quality product. Specific standards are available for some product categories.
- Food costs are easily established for recipes. Each recipe includes specific portion size information and instructions for ensuring accurate yields.
- Efficient labor procedures were considered for all recipes. Students and foodservice operators may use the recipes as a model for making products using the minimum amount of labor.
- Standardized recipes assure that accurate nutrition values can be assigned to serving portions. Users of the book can review the recipe's nutrient values and make adjustments, if required, for a specific population.
- *Food for Fifty* can be used for planning teas, receptions, and special functions. Part Three brings together general information and guidelines useful for organizing events. Parts One and Two support the planning function with food production information.
- Using *Food for Fifty* as a resource to direct accurate food production techniques is intended in the design of the recipes. Each recipe can be used for communicating the techniques necessary for producing a quality product. In addition, the material prefacing each recipe category provides general text information that supports the standardized techniques specified in the recipes.

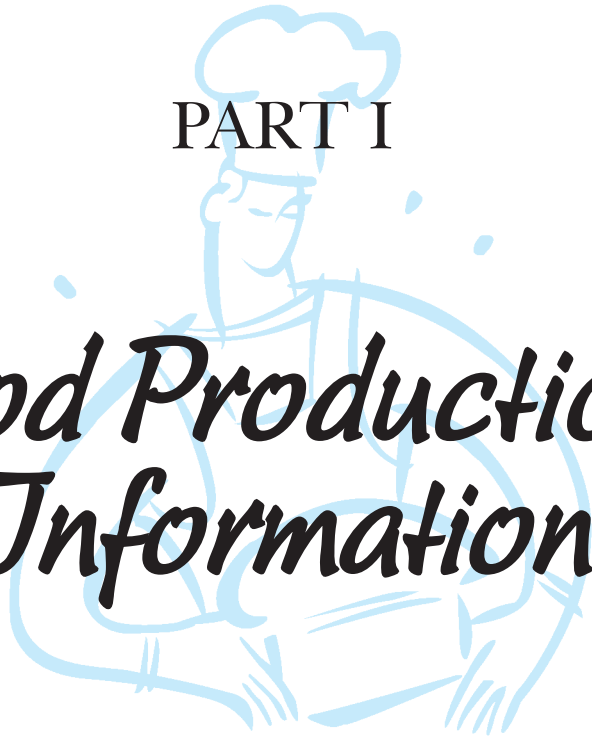
ACKNOWLEDGMENTS

Kansas State University's residence hall dining program "make-it-from-scratch" culture and high quality standards have for 65 years helped shape *Food For Fifty*. It is with sincere appreciation for the support and encouragement from John Pence, associate director of Housing and Dining Services, for continuing to value this endeavor. Special acknowledgment is given to John and his management staff for their support, advice, and creative ideas. Without their help, this eleventh edition of *Food For Fifty* would not have been possible. Appreciation is extended also to the many colleagues, family, and friends who have, through the course of association with the author, made this revision of *Food For Fifty* possible.

About the Author

Mary Molt, Ph.D., R.D., L.D., is assistant director of Housing and Dining Services and assistant professor of Hotel, Restaurant and Institution Management, and Dietetics (HRIMD), Kansas State University. She holds a bachelor's degree from University of Nebraska—Kearney, a master's degree from Oklahoma State University, and a Ph.D. from Kansas State University. Dr. Molt has 27 years of professional experience at Kansas State University, with a joint appointment in academe and food service administration. Current responsibilities include team teaching Food Production Management, assisting with supervised practice experiences for senior students in Dietetics, and directing management activities for three residence hall dining centers serving more than 8000 meals per day. Dr. Molt is active in the American Dietetic Association, Kansas Dietetic Association, and the National Association of College and University Food Services (NACUFS). Twice she was recognized with the NACUFS Richard Lichtenfelt Award for outstanding service to the association. In 1995 Dr. Molt received the Theodore W. Minah Award, the highest honor given by NACUFS, for exceptional contribution to the food service industry. The Award For Excellence in the Practice of Management was given to Dr. Molt in 1997 by the American Dietetic Association. She serves on several University committees including Faculty Senate and Intercollegiate Athletic Council (Chair), advises students in Kappa Omicron Nu, and holds membership in several honor societies including Kappa Omicron Nu, Delta Kappa Gamma, Phi Upsilon Omicron, and Phi Kappa Phi.

PART I



Food Production Information

Chapter 1 *Food Production Information* 3

CHAPTER 1

Food Production Information

Information in this section is presented as a guide for ordering food, for adjusting recipes, and for the planning, preparation, and serving of food. Quantities to prepare are based on 50 average-size portions, as are most of the recipes, but adjustments may need to be made to fit individual situations. Rarely is 50 the exact number to be served, and the portion size will vary according to the type of foodservice and the needs of the individuals in the group. Tables are included that will assist with these recipe adjustments.

Most ingredients in the recipes are given in weights, but if volume measurements (teaspoons, tablespoons, cups, quarts, or gallons) are to be used, tables in this section will assist in converting from weights to measures. Metric measures are not used in the recipes, but charts for converting to metric are included.

Basic information on cooking temperatures, food equivalents and substitutions, and equipment capacity is also given. A guide for use of herbs and spices and a glossary of cooking and menu terms are found at the end of the book.

HOW TO USE TABLES AND GUIDES

Table 1.1—Amounts of Food to Serve 50. This table (pp. 10–20) suggests amounts of food to purchase and prepare for 50 persons, based on the portion size listed in the table. If larger or smaller servings are needed or if the number of portions required is other than 50, an adjustment in the amount to prepare or purchase must be made. Because preparation losses must be considered in determining the amount to purchase for 50 portions, the ready-to-serve raw yield or the yield of cooked product is given for some products, with the amount as purchased (AP) to buy. The yields, which are given in decimal parts of a pound, can be converted to ounces by using Table 1.27 (p. 54).

Table 1.2—Approximate Yield in the Preparation of Fresh Fruits and Vegetables. When ordering fresh fruits and vegetables, the loss in preparation must be considered when determining the amount to buy. The approximate yield after preparation of one pound of fruit or vegetable, listed in this table (p. 21), is given in decimal parts of a pound but can be converted to ounces by referring to Table 1.27.

Table 1.3—Food Weights and Approximate Equivalents in Measure. Information in this table (pp. 22–31) is useful when converting recipe ingredients from weight to measure or vice versa and is helpful in adjusting or enlarging recipes.

Table 1.4—Basic Equivalents in Measures and Weights. Table 1.4 (p.31) is useful when converting measures (gallons, quarts, or cups) to smaller units such as cups, tablespoons, or teaspoons. Metric equivalents are given for commonly used weights and measures.

Table 1.5—Weight and Approximate Measure Equivalents for Commonly Used Foods. In Table 1.5 (pp. 32–35), the equivalent measures (teaspoons, tablespoons, and cups) are given for selected ingredients, such as flour, salt, and sugar, that appear repeatedly in recipes. This information is the same as that given in Table 1.3 except that the equivalents are given for weights from 1 to 16 ounces.

Table 1.6—Metric Equivalents for Weight, Measure, and Temperature. Table 1.6 (p. 36) provides information that will be helpful in converting weights, measures, and temperatures as given in recipes to metric equivalents.

Table 1.7—Convection Oven Baking Times and Temperatures. Information in this table (p. 37) is useful when using convection ovens. Times and temperatures in recipes included in *Food for Fifty* have been tested using conventional ovens.

Table 1.8—Deep-Fat Frying Temperatures. Table 1.8 (p. 38) provides guidelines for the deep-fat frying of different types of menu items.

Table 1.9—Coatings for Deep-Fat Fried Foods. Proportions of ingredients are given (p. 39) for typical coatings for deep-fat fried foods.

Table 1.10—Dipper Equivalents. Approximate measure and weight for different-sized dippers (scoops) are given (p. 39). Suggested uses for different food products are also included.

Table 1.11—Ladle Equivalents. Table 1.11 (p. 40) gives measures and approximate weights for different-sized ladles and the size to use for different menu items.

Table 1.12—Cold Food Storage Temperatures. Recommended refrigerator and freezer storage time and temperatures are given (p. 40) for safe storage of foods.

Table 1.13—Refrigerator Defrosting Times for Meats, Seafood, and Poultry. Approximate defrosting times are given (p. 41) for roasts, chops, steaks, and poultry.

Table 1.14—Temperatures and Bacteria Growth. The relationships between temperature and bacteria growth are given (p. 41).

Table 1.15—Safe Internal Temperatures for Cooked Foods. Table 1.15 (p. 42) provides safe end-point cooking temperatures for meats, fish, and poultry.

Table 1.16—Food Serving Temperatures and Holding Times. Serving temperatures in this table (p. 43) are those recommended for optimum food quality and safety.

Table 1.17—Food Cooling and Storage Procedures. Recommended procedures for safely cooling foods are provided (p. 44).

Table 1.18—Time and Temperature Standards for Reducing Food Safety Hazards of Potentially Hazardous Foods (PHF). Table 1.18 (p. 45) provides information that will be helpful in developing a Hazard Analysis Critical Control Point (HACCP) plan.

Table 1.19—General Guidelines for Handling Food Safely. This table (p. 46) describes practices that are essential for handling food safely.

Table 1.20—Recommended Mixer Bowl and Steam-Jacketed Kettle Sizes for Selected Products. This table (p. 47) is helpful in determining the size of mixer bowl and steam-jacketed kettle needed for selected food items in portions ranging from 50 to 500. If the equipment on hand is not large enough for the amount required, the recipe may need to be made in two or three batches.

Table 1.21—Pan Capacities for Baked Products. This table (p. 48) gives the maximum capacity of different-sized pans for baking breads, cakes, or pies and is useful when enlarging or adjusting recipes.

Table 1.22—Counter Pan Capacities. Capacities, suggested uses, and number of portions for different sizes of counter pans are given in this table (p. 49).

Table 1.23—Common Can Sizes. Can sizes, with approximate weight or measure and number of portions, are included in this table (p. 49) as a purchasing guide.

Table 1.24—Ingredient Substitutions. This table (pp. 50–51) is useful when it is necessary to substitute one ingredient for another in a recipe.

Table 1.25—Ingredient Proportions. This table (p. 52) gives the relative proportion of ingredients in preparing certain types of foods. It is useful when evaluating recipes for the proper amount of leavening agents, seasonings, and thickening agents.

Table 1.26—Guide for Rounding Off Weights and Measures. When enlarging home-sized recipes, the resulting quantities may be difficult to measure. Table 1.26 (p. 53) aids in rounding fractions and complex measurements into amounts that are as simple as possible to weight or measure while maintaining the accuracy needed for quality control.

Table 1.27—Ounces and Decimal Equivalents of a Pound. This table (p.54) is useful when increasing or decreasing recipes. The multiplication or division of pounds and ounces is simplified if the ounces are converted first to decimal parts of a pound.

Table 1.28–1.30—Direct-Reading Tables for Adjusting Recipes. These tables include amounts of ingredients needed for varying portions, from 25 to 500. Table 1.28 (pp. 56–57) is used when ingredient amounts are given in *weights* and portion yields are divisible by 25. In Table 1.29 (pp. 58–63) ingredients are stated in *volume* measurement (teaspoons, tablespoons, cups, quarts, and gallons) and portions are divisible by 25. Table 1.30 (pp. 64–67) is especially useful when enlarging home-sized recipes. Ingredients are in *volume* measurement for yields from 8 to 96 portions.

RECIPE DEVELOPMENT AND CONSTRUCTION

Recipe files are a valuable resource for food production staff when general principles of recipe development and construction are followed. The following are suggestions for writing quantity recipes.

A standard recipe format includes a *recipe title* that is simple and factual, describing the food and an indication of the main ingredients and general method of preparation. Products with a name generally understood, such as chili, do not need additional descriptors. Recipe titles should provide the information necessary to locate a particular recipe in the recipe file. *Indexing* recipes so they can be quickly retrieved is useful.

Names of *ingredients* should be consistent and listed in the order in which they are used in preparation. List first all ingredients that must be preprepared for a later step so they will be ready when needed. Using a descriptive word before the ingredient tells the kind and form of food as purchased, or the cooking or heating required before the food is used in the recipe, for example, cooked chicken, diced tomatoes. The descriptive words used after the ingredient tell the preparation necessary to make the form of food different from the form as purchased or cooked, for example, cooked chicken, diced; diced tomatoes, drained. For additional clarification, ingredients showing a weight gain or loss during preparation are often marked AP (as purchased) or EP (edible portion).

List *weights* when possible. *Measures* should be given in terms of standard measuring utensils such as cups, quarts, and gallons.

Portion size is the amount served to each customer and *yield* is the total batch weight or number of servings the recipe will make. The portion size may be count, measure, or weight. Identifying *serving utensils* that are correctly sized for the portion size will aid in making yield predictions accurate.

Procedures are written in sequential order. Directions should be simple, easy to understand, and placed with the ingredients involved in the production step. When possible, each step should begin with an action verb such as *blend, add, mix,* or *stir.* Keep directions short. Descriptive terms are not used in the directions unless needed for clarity. It is helpful if basic procedures and terminology are uniform for all recipes using similar products or similar production steps. Timing information for such procedures as mixing, cooking, and marinating is important to include. In the procedure section, note instructions for scaling or panning products and end-point temperatures. Quality standards for the finished product are helpful to production staff when written on the recipe.

Group *equipment* in a way to simplify gathering. Identify oven temperature for baked products.

RECIPE ADJUSTMENT

Recipes often need to be adjusted to meet the requirements of an individual foodservice. For example, the number of portions may need to be increased from 50 to the exact number to be served, or an adjustment in portion size might better reflect the policy of the institution and the requirements of the clientele. Enlarging home-size recipes may require converting household measurements to weights and adjusting certain ingredient proportions as the recipes are expanded. These procedures, as well as directions for converting to metric weights and measures, are explained in the pages that follow.

Converting from U.S. Measurement to Metric

Two approaches are possible for converting recipes from U.S. to metric measures: soft conversion and hard conversion. *Soft conversion* translates weights and measures into their exact metric equivalents. An ounce would become 28.3 grams; a quart would be 0.95 liter. This method produces numbers that may be awkward to work with, and equipment may not be available to measure ingredients to the degree of accuracy required.

Hard conversion changes weights and measures to round metric sizes. For example, a 1-ounce portion

would convert to either 25 or 30 grams, but not to 28.3 gams; 1 quart would be changed to 1 liter. This method may be satisfactory for recipes that are not sensitive to formula adjustments, such as soups and beverages, but may not be suitable for cakes, breads, and other products in which accurate ingredient ratios are critical. Testing recipes to evaluate acceptability is recommended when using the hard conversion method. (Table 1.6 shows metric conversions.)

Converting from Weight to Measure

Quantities of most dry ingredients in recipes in this book are given by weight in ounces and pounds. If accurate scales are not available, however, or if scales do not have graduations for weighing small amounts, then the weights of ingredients may need to be converted to measures. A number of tables will be helpful:

- *Table 1.3*—Food Weights and Approximate Equivalents in Measure (pp. 22–31)
- *Table 1.4*—Basic Equivalents in Measures and Weights (p. 31)
- *Table 1.5*—Weight (1–16 oz) and Measure Equivalents for Commonly Used Foods (pp. 32–35)
- *Table 1.26*—Guide for Rounding Off Weights and Measures (p. 53)
- *Table 1.27*—Ounces and Decimal Equivalents of a Pound (p. 54)

The following example illustrates the procedure for converting ingredients in Baking Powder Biscuits (p. 110) from weight to measure.

- Change 5 pounds flour to measure by multiplying by 4 cups. Turn to Table 1.3 (pp. 22–31).
- The resulting 20 cups would be equivalent to 5 quarts. See Table 1.4 (p. 31). For ingredients other than flour, a gallon measure should be used.
- By referring to Table 1.5 (pp. 32–35) the 5 ounces of baking powder and 1 pound 4 ounces of shortening may be converted quickly by finding the amount in the appropriate column or adding the columns together. The same information is included in the longer table (Table 1.3, pp. 22–31), but for conversion of small amounts of commonly used foods, Table 1.5 is useful.

Increasing and Decreasing Recipe Yields

It may be necessary to change recipe yields in this book to meet the needs of individual situations. Recipes may need to be adjusted to produce batch sizes compatible with preparation equipment, such as mixers, ovens, and steam-jacketed kettles, or consistent with pan sizes available. See Tables 1.20–1.22 for recommended equipment sizes and pan capacities. Recipes may also need adjustment as portion sizes are increased or decreased or as purchase units for ingredients change.

Three methods commonly used to adjust recipe yields are the *factor method*, the *percentage method*, and *direct-reading measurement tables*.

Factor Method

In the factor method, a conversion factor is determined and multiplied by each ingredient in the recipe. This process is explained in the following steps:

Step 1a When portion size remains the same: Divide the desired yield by the known yield of the recipe being adjusted to obtain the conversion factor. For example, to increase a 50-portion recipe to 125 portions, divide 125 by 50 for a factor of 2.5.

Step 1b When portion size changes: Determine the total yield of the existing recipe by multiplying the number of portions by the portion size. Determine the total yield desired in the new recipe by multiplying the number of portions desired by the desired portion size. Determine the conversion factor by dividing the total (new) yield by the total (old) yield. For example, to increase a 50-portion recipe (3-oz portion) to 125 portions (4-oz portion):

a. Total original yield is $50 \times 3 = 150$ oz

b. Total desired yield is $125 \times 4 = 500$ oz

c. 500 divided by 150 = a conversion factor of 3.3

Step 2 Wherever possible, convert ingredients to weight. If amounts of some ingredients are too small to be weighed, leave them in measure.

Step 3 Multiply the amount of each ingredient in the original recipe by the factor. To work with decimal parts of a pound instead of ounces for this multiplication, Table 1.27 will be helpful.

Step 4 Multiply the original total weight of ingredients by the factor. Multiply the pounds and ounces separately.

Step 5 Add together the new weights of all ingredients for the adjusted recipe. If the answers in Steps 4 and 5 are not the same, an error exists and the calculations should be checked. (A slight difference may exist because of rounding the figures.)

Step 6 Change weights of any ingredients that can be more easily measured than weighed, to measure.

Step 7 Check all amounts and use Table 1.26 for rounding off unnecessary fractions to simplify weights or measures as far as accuracy permits.

The following example illustrates the procedure for adjusting Baking Powder Biscuits from 100 biscuits to 500, using the factor method of adjustment:

Factor Method Table

Step 1: Derive the factor	*Ingredients*	*Original recipe*	*Step 2: Convert to weight*	*Step 3: Multiply by factor*	*Steps 6 and 7: Change to measure and simplify*
$\frac{500\text{ (new)}}{100\text{ (original)}} = 5$ (factor)	Flour, all-purpose	5 lb	5 lb	25 lb	25 lb
	Baking powder	5 oz	5 oz	25 oz	1 lb 9 oz
	Salt	2 Tbsp	1⅓ oz	6½ oz	6½ oz
	Shortening, hydrogenated	1 lb 4 oz	1 lb 4 oz	6 lb 4 oz	6 lb 4 oz
	Milk	1¾ qt	3 lb 8 oz	17 lb 8 oz	2 gal + ¾ qt
Steps 4 and 5: Total weight			10 lb 2 oz	50 lb 11 oz	

Percentage Method

The percentage method of recipe adjustment often is desirable, especially for large-volume production where batch sizes may vary greatly. Once the ingredient percentage has been established, it remains constant for all future adjustments. Recipe increases and decreases are made by multiplying the percentage of each ingredient by the total weight desired. Checking ingredients for proper recipe balance is possible, because the percentage of each ingredient is available. Some computer recipe systems use the percentage method of recipe adjustment. This process is explained in the following steps:

Step 1 Convert all ingredients from measure or pounds and ounces to pounds and tenths of a pound (see Tables 1.3 and 1.27). Make desired equivalent ingredients substitutions such as frozen whole eggs for fresh eggs, nonfat dry milk and water for liquid milk. Use edible portion (EP) weights when a difference exists between EP and as purchased (AP) weights (see Table 1.1). Individual meat items and other meats in entree recipes that do not require the meat to be cooked prior to combining with other ingredients are calculated on AP weight. Examples are pork chops, meat loaf, and Salisbury steak.

Step 2 Total the weight of ingredients in the recipe, using EP weight where applicable.

Step 3 Calculate the percentage of each ingredient in relation to the total weight, using the following formula:

$$\frac{\text{individual ingredient weight}}{\text{total weight}} = \text{percentage of each ingredient}$$

The sum of the percentages must equal 100.

Step 4 Check the ratio of ingredients. Standards have been established for ingredient proportions of many items. The ingredients should be in proper balance before going further.

Step 5 Establish the weight needed to give the desired number of servings. The weight will be determined by portion size multiplied by the desired number of servings to be prepared. This weight may need to be adjusted because of pan sizes or equipment capacity (see Tables 1.20–1.22).

Step 6 Handling loss must be added to the weight needed, and it may vary from 1 to 10 percent, depending on the product. Similar items produce predictable losses, and with some experimentation these losses can be assigned accurately. The formula for incorporating handling loss is as follows:

$$\text{total weight needed} = \frac{\text{desired yield}}{100\text{ percent} - \text{assigned handling loss percent}}$$

For example, cake has a handling loss of approximately 2 percent, and 72 lb of batter is needed to make nine 18 × 26 × 2-inch pans. To determine the total amount of batter

Percentage Method Table

Ingredients	*Original recipe*	*Step 1: Convert to decimal weights*	*Step 3: Calculate percentage*	*Step 7: Calculate weights*	*Step 8: Convert to pounds and ounces*
Flour, all-purpose	5 lb	5.0 lb	49.276	25.52 lb	25 lb 8 oz
Baking powder	5 oz	0.313 lb	3.085	1.60 lb	1 lb 10 oz
Salt	2 Tbsp	0.0839 lb	0.827	0.43 lb	6¾ oz
Shortening, hydrogenated	1 lb 4 oz	1.25 lb	12.319	6.38 lb	6 lb 6 oz
Milk	1¾ qt	3.5 lb	34.493	17.86 lb	2¼ gal
Step 2: Total weight		10.1469 lb	100.00	51.79 lb	

Step 4:
Check ratio of ingredients to see if they are within acceptable guidelines.

Step 5:
Establish needed weight: $\frac{10.1469 \text{ (total weight of 100 biscuits)}}{100} = 0.1015 \text{ lb (weight per biscuit)}$

500 (desired yield) × 0.1015 lb = 50.75 lb of dough needed before handling loss

Step 6:
Calculate handling loss. Estimated handling loss 2 percent:

$$\frac{50.75 \text{ lb (desired yield)}}{\begin{matrix}98 \text{ percent} \\ (100 \text{ percent} - 2 \text{ percent})\end{matrix}} = \begin{matrix}51.79 \text{ lb total} \\ \text{dough needed}\end{matrix}$$

to be made, divide 72 lb by 98 percent (100 percent less 2 percent handling loss). Using this formula, as demonstrated in the Percentage Method Table shown at the top of this page, a recipe calculated for 73.47 lb of batter is needed.

Step 7 Multiply each ingredient percentage by the total weight to give the exact amount of each ingredient needed. The total weight of ingredients should equal the weight needed as calculated in Step 6. Once the percentages of a recipe have been established, any number of servings can be calculated, and the ratio of ingredients to the total will remain the same.

Step 8 Unless scales are calibrated to read in pounds and tenths of a pound, convert to pounds and ounces (Table 1.27) or to measure (Table 1.3). Use Table 1.26 for rounding off unnecessary fractions. If volume measurements are required, Table 1.3 is helpful.

The example in the table above illustrates the procedure for adjusting Baking Powder Biscuits from 100 biscuits to 500, using the percentage method of adjustment.

Enlarging Home-Size Recipes

Before enlarging a small recipe, be sure the recipe is appropriate for large-quantity production and that the same quality can be achieved in the larger amount. Appropriate equipment and pans also must be available. Quantity production procedures used in the particular foodservice may need to replace small-scale techniques.

Enlarging a small-quantity recipe in steps is more likely to be successful than increasing size too quickly. Following are suggestions for expanding home-size recipes:

Step 1 Prepare the product in the amount of the original recipe, following the quantities and procedures exactly and noting any procedures that are unclear or any problems that occur during preparation.

Step 2 Evaluate the product and decide if it is acceptable for the foodservice. If adjustments are necessary, revise the recipe and make the product again. Prepare the small- size amount until the product is satisfactory.

Step 3 Double the recipe or expand to an appropriate amount for the pan size that will be used, and prepare the product, making notations on the recipe of any changes you make. For example, additional cooking time may be needed for the larger amount. Use Table 1.30 for increasing recipe size. Evaluate the product and record the yield, portion size, and acceptability.

Step 4 Double the recipe again, or if the product is to be baked, calculate the quantities needed to

prepare one baking pan of the size that will be used in the foodservice. Use Table 1.30 for increasing recipe size. If ingredients are to be weighed, home-size measures should be converted to pounds and ounces or to pounds and tenths of a pound before proceeding further. Prepare and evaluate the product as before.

Step 5 If the product is satisfactory, continue to enlarge by increments of 25 portions or by pans until approximately 100 portions are prepared. Recipes with larger yields should be evaluated for acceptability and adjustment made each time the yield is increased significantly.

REDUCING FAT, SODIUM, AND SUGAR

It is often necessary to reduce the fat, sodium, and sugar content of recipes to meet the nutritional goals of an individual foodservice. Some changes in appearance, taste, or quality can be expected and recipe experimentation is advised. Following are suggestions to decrease the fat, sodium, or sugar content of recipes.

Decreasing fat in meat, fish, and poultry

- Trim visible fat from meats and use lean cuts.
- Remove skin and excess fat from poultry.
- Substitute poaching, grilling, baking, roasting, or broiling for frying.
- Substitute ground poultry for part or all of the ground beef in casseroles.
- Use extra-lean ground beef in casseroles and rinse under running water after browning.
- Moisten meats with wine, stock, or lemon juice instead of high-fat drippings, and season with herbs.
- Add raw meat to stews and sauces without browning first.

Decreasing fat in egg products

- Replace some of the egg yolks with egg whites or egg substitutes.

Decreasing fat in sauces and soups

- Reduce the amount of fat used to sauté vegetables. To prevent burning, cook over medium heat, cover the pan, and stir often.
- Substitute low-fat or nonfat milk or evaporated skim milk for whole milk or cream.
- Substitute low-fat cheese for whole milk cheeses.
- Substitute part or all plain low-fat or nonfat yogurt for sour cream. In cooked sauces, add 1 tablespoon of cornstarch to each cup of yogurt before heating. Do not boil.
- Chill stocks and remove hardened fat before using.
- Thicken sauces with a cornstarch or flour paste instead of a roux.

Decreasing fat in salad dressings

- Substitute half of the oil with vinegar, lemon juice, vegetable juice, fruit juice, or plain low-fat yogurt.
- Use low-fat or nonfat mayonnaise and cream cheese.

Decreasing sodium

- Omit part or all of the salt and season with herbs and spices (see Appendix B for suggestions).
- Make stocks instead of using commercially prepared stocks and bases.
- Purchase low- or reduced-sodium products.
- Rinse highly salted products such as tuna.

Decreasing sugar

- Reduce the amount of sugar in recipes and substitute thawed frozen juice concentrates to sweeten product.
- Purchase low- or reduced-sugar products.

TABLE 1.1 Amounts of food to serve 50[a] (pp. 10–20)

Food	*Serving portion*	*Amount for 50 portions*	*Miscellaneous information*
BEVERAGES			
Cider	4 oz (½ cup)	2 gal	64 4-oz portions
Cocoa	6 oz (¾ cup)	2½ gal	50 6-oz portions
Unsweetened powder		8 oz	
Instant mix		2½ lb	
Coffee	6 oz (¾ cup)	2½ gal	
Regular or urn grind		1–1½ lb	
Freeze-dried		2–3 oz	
Instant		3 oz	
Lemonade	8 oz (1 cup)	3 gal	48 8-oz portions
Frozen concentrate		3 32-oz cans	dilute 1:4 parts water
Orange juice, see Juices			
Punch	4 oz (½ cup)	2–2½ gal	1 gal yields 32 4-oz portions
Tea			2½ gal yields 50 4-oz portions plus 30 refills
Hot	6 oz (¾ cup)	2½ gal	
Bulk		2 oz	Amount may vary with quality of tea
Iced	8 oz (1 cup)	3 gal	48 8-oz portions
1-oz bag		6 bags	6 1-oz bags make 3 gal
Instant		1–1½ oz	
Wine	See Tables 17.1 and 17.2		
BREAD AND CRACKERS			
Biscuits, baking powder	1 biscuit	4½ doz	
Dough ready for baking		5 lb	
Mix		2½ lb	
Bread			
1½-lb loaf	1 slice	2½ loaves	24 slices per loaf
2-lb pullman	1 slice	1½ loaves	36 slices per loaf
Breads, quick 5 × 9 × 2¾-inch loaves	1 slice	4 loaves	16 slices per loaf
Coffee cake, 12 × 18 × 2 inches	3 × 2¼ inches	2 pans	Cut 4× 8
Batter, ready to bake		5–6 lb per pan	
Crackers			
Graham	2 crackers	1¾–2 lb	60–65 per lb
Saltines	4 crackers	1½ lb	150–160 per lb
Soda	2 crackers	1½–2 lb	65 per lb
Muffins	1 muffin	4½ doz	
Batter, ready to bake		5 lb	
Mix		3½ lb	
Pancakes	3½ oz	7 qt batter	2 4-inch cakes
Mix		6 lb	
Rolls			
Breakfast, 3 oz	1 roll	4½ doz	
Dinner, 1½ oz	1 roll	4½ doz	
Frozen dough		10 lb	
Mix		5 lb	
Toast			
French	2 slices	7 lb bread	
Buttered or cinnamon	2 slices	7 lb bread	
Waffles	3 oz	6 qt batter	1 waffle

[a] Abbreviations used: AP, as purchased; EP, edible portion

TABLE 1.1 *continued*

Food	*Serving portion*	*Amount for 50 portions*	*Miscellaneous information*
CEREALS			
Cooked cereal	⅔ cup	2 lb	2 gal cooked
Hominy grits	⅔ cup	2 lb	2 gal cooked
Cold cereal, flakes, crisp	1 oz (½–¾ cup)	3 lb	
Rice	½ cup	3–4 lb	6–8 qt cooked
See also Pasta			
DAIRY PRODUCTS			
Butter or margarine			
For sandwiches		1 lb	To butter 100 slices
For table	1–2 pats	1–1½ lb	
For vegetables	½–1 tsp	4–8 oz	
Cheese, cheddar, Monterey Jack, Swiss, provolone	1–1½ oz	3–5 lb	For sandwich or with cold cuts
Sandwich slices	1 oz	3¼ lb	
Cottage	2 oz (No. 20 dipper)	6½ lb	For salad or side dish
Cream	½ oz	2 lb	For salad or garnish
Dessert (cream, blue, Camembert)	1 oz	3 lb	
Cream			
Coffee		1–1½ qt	
Whipping	2 Tbsp	1½ pt	1½ qt whipped
Ice cream or sherbet, bulk	No. 12 dipper	2½ gal	Dish or sundae
	No. 16 dipper	1½ gal	With cake or cookie
	No. 20 dipper	1¼ gal	For à la mode
Milk			
Fluid	8 oz (1 cup)	3 gal	
Nonfat dry	8 oz (1 cup)	3 lb	3.5 oz (1⅓ cups) dry milk per qt of water. Volume may vary with brand.
Nondairy creamer	1 tsp	3 oz	
Sherbet			See Ice cream
Sour cream	1 oz (2 Tbsp)	3 lb	For baked potato
	1 tsp	8 oz	For garnish
Whipped topping mix			
Dry	2 Tbsp	5 oz	
Frozen	2 Tbsp	18 oz (1½ qt)	
Liquid	2 Tbsp	1½ pt	1½ qt whipped
Yogurt	8 oz (1 cup)	25 lb	
DESSERTS			
Cakes			
Angel food	1 oz	3–4 10-inch cakes	12–14 cuts per cake
Pound or loaf, 5 × 9 inches	3 oz	4 loaves	
Sheet, 12 × 18 × 2 inches Batter, ready to bake	3 × 2¼ inches	2 pans 4–5 lb each	Cut 4 × 8
Sheet, 18 × 26 × 2 inches Batter, ready to bake	3 × 2½ inches	1 pan 8–10 lb	Cut 6 × 10
Cake mixes			
Angel food		4 lb	
Chocolate, white, yellow		5 lb	

continues

TABLE 1.1 *continued*

Food	*Serving portion*	*Amount for 50 portions*	*Miscellaneous information*
Pies, 8 inch	⅙ pie	8 pies	Cut 6 pieces per pie
Filling			
Chiffon	3 cups per pie	6 qt	
Cream or custard	3 cups per pie	6 qt	
Fruit	3 cups (1 lb 8 oz) per pie	6 qt (10–12 lb)	
Meringue	4 oz per pie	2 lb	
Pastry			
1 crust	5 oz per pie	2 lb 8 oz	
2 crust	9 oz per pie	4 lb 8 oz	
Pies, 9 inch	⅛ pie	7 pies	Cut 8 pieces per pie
Filling			
Chiffon	3¾ cups per pie	6–7 qt	
Cream or custard	3¾ cups per pie	6–7 qt	
Fruit	3¾ –4 cups (1 lb 14 oz)	6–7 qt (10–12 lb)	
Meringue	5–6 oz per pie	2–2¼ lb	
Pastry			
1 crust	9 oz per pie	4 lb	
2 crust	16 oz per pie	7 lb	
Puddings	½ cup (4 oz)	6¼ qt	No. 10 dipper
Toppings, sauce	2–3 Tbsp	2–3 qt	
EGGS			
Eggs			
In shell	1 egg	4½ doz	
Fresh or frozen, whole	1 egg	5 lb (2½ qt)	
FISH AND SHELLFISH			
Fish			
Fillets and steaks, 4 per lb	3 oz	14–16 lb	1 lb AP = 0.70 lb cooked fish
Whole, dressed	3 oz	40 lb	1 lb AP = 0.27 lb cooked fish
Oysters, shucked	3–4 oz	1½–2 gal	1 lb AP = 0.38 lb cooked oysters
Scallops, frozen, to fry	3 oz	10–12 lb	
Shrimp			
Raw, in shell	2 oz	12½ lb	1 lb AP = 0.54 lb cooked shrimp
	3 oz	18–20 lb	
Raw, peeled and cleaned	3 oz	16 lb	1 lb peeled = 0.62 lb cooked shrimp
Cooked, peeled and cleaned	3 oz	10 lb	1 lb AP = 1.00 lb cooked shrimp
FRUITS			
Canned			
For pies, see Desserts			
For salad or dessert	3–4 oz (½ cup)	2–2½ No. 10 cans	For fruits such as peach or pear halves and sliced pineapple, depends on count per can

TABLE 1.1 *continued*

Food	*Serving portion*	*Amount for 50 portions*	*Miscellaneous information*
Fresh			
Apples	1 apple	½ box	Size 113
8 8-inch pies	⅙ pie	14–16 lb AP	1 lb AP = 0.91 lb ready to cook or serve raw with peels; 0.78 lb pared, cooked
7 9-inch pies	⅛ pie	16 lb AP	
Salad or dessert	3–3½ oz	15 lb AP	
Apricots	2	9 lb AP	Medium size 12 per lb
Avocado	½	25 avocados	Medium size 2 per lb
Salad	3 slices	12 avocados	1 lb AP = 0.67 lb ready to serve raw
Bananas	1	16 lb AP	Small, 5–6 inch 1 lb AP = 0.65 lb ready to serve raw
Salad	3 oz	10 lb AP	Medium 7–8 inch, 3 per lb
Blueberries	4 oz	12–14 lb AP	1 lb AP = 0.96 lb ready to serve raw
Cherries, sweet	3 oz	10 lb AP	1 lb AP = 0.98 lb ready to serve with pits; 0.84 lb pitted
Cranberries, for sauce	¼ cup	4 lb AP	1 lb AP = 0.95 lb ready to cook
Fruit cup (mixed fruits)	3 oz (⅓ cup)	9 lb (6 qt)	
Grapefruit	½	25 fruit	64 to 80 size
Salad	5 sections	21 fruit	12 sections per fruit 1 lb AP = 0.52 lb ready to serve raw
Grapes, seedless	4 oz	12–15 lb AP	1 lb AP = 0.97 lb ready to serve raw
With seeds			1 lb AP = 0.89 lb raw seeded
Kiwi	1 slice, as garnish	6–8 fruit	7–8 slices per fruit
Lemons			
For tea or fish	⅙ lemon	8–10 lemons	Medium, size 165
For lemonade	8-oz glass	3 doz	Medium, size 165
Limes			
Garnish	1 wedge	12 limes	4 wedges per lime
Limeade	8-oz glass	4½ doz	
Mangoes, cubed or sliced	½ cup	12½ lb AP	1 lb AP = 0.69 lb ready to serve raw
Melon			
Cantaloupe	½ melon	25 melons	
Fruit cup		5 melons	1 lb AP = 0.52 lb ready to serve raw
Salad slices		6 melons	
Casaba, honeydew, or persian	½ melon	7 melons	1 lb AP = 0.46 lb ready to serve raw
Watermelon	12–16 oz	38–50 lb AP	1 lb AP = 0.57 lb fruit without rind
Nectarines	1 nectarine (5 oz)	15–16 lb AP	1 lb AP = 0.91 lb ready to serve raw
Oranges	1 orange	½ box	Size 113
Juice	4 oz (½ cup)	6¼ qt	16–18 doz size 113
Sections	5 sections	18 oranges	Size 150; 1 lb AP = 0.40 lb ready to serve, without membrane

continues

TABLE 1.1 *continued*

Food	*Serving portion*	*Amount for 50 portions*	*Miscellaneous information*
Peaches	1 peach (4–5 oz)	12–15 lb AP	
Diced or sliced	½ cup	20 lb AP	1 lb AP = 0.76 lb ready to cook or serve raw
Pears	1 pear (5–6 oz)	17–19 lb AP	1 lb AP = 0.92 lb ready to cook or serve raw, unpared; 0.78 lb pared
Salad	3 slices	15–17 lb AP	8–10 slices per pear
Pineapple, cubed	½ cup	24 lb AP (6 pineapples)	1 lb AP = 0.54 lb ready to serve raw
Plums, Italian or purple	2 plums	12½ lb AP	Medium size, 8 per lb l lb AP = 0.94 lb ready to cook or serve raw
Rhubarb, 8 8-inch pies	⅙ pie	10–12 lb AP	1 lb AP = 0.86 lb ready to cook
7 9-inch pies	⅛ pie	12 lb AP	
Sauce	½ cup	14 lb AP	
Strawberries	4 oz	14 lb AP	1 lb AP = 0.88 lb ready to serve raw
Garnish	1 berry	1 qt AP	1 qt AP = about 1.32 lb ready to serve raw
Shortcake	¾ cup	8–9 qt AP	
Sundaes	½–¾ cup	6–8 qt AP	
Strawberries, frozen			
For pies, see Desserts			
For salad or dessert	4 oz (½ cup)	13–15 lb	
For topping	1½ oz	5 lb	
JUICES			
Fruit or vegetable	4 oz (½ cup)	6¼ qt	
	6 oz (¾ cup)	9½ qt	
Canned	4 oz	4 46-oz cans	
	6 oz	7 46-oz cans	
Frozen	4 oz	4–5 12-oz cans	Dilute 1:3 parts water
		2 32-oz cans	Dilute 1:3 parts water
	6 oz	7 12-oz cans	Dilute 1:3 parts water
		3 32-oz cans	Dilute 1:3 parts water
MEAT			
Beef			
Brisket, corned, boneless	3 oz EP	25–30 lb AP	1 lb AP = 0.42 lb cooked lean meat
Brisket, fresh, boneless	3 oz EP	25–30 lb AP	1 lb AP = 0.46 lb cooked lean meat
Cubed, 1 inch, for stew	3 oz EP	12–15 lb AP	1 lb AP = 0.56 lb cooked lean meat
Ground (73% lean)	3 oz EP	13–15 lb AP	1 lb AP = 0.68 lb cooked meat
Lean (80% lean)	3 oz EP	11–13 lb AP	1 lb AP = 0.77 lb cooked meat
Extra lean (85% lean)	3 oz EP	11–12 lb AP	1 lb AP = 0.80 lb cooked meat
Liver	3½ oz EP	16 lb AP	1 lb AP = 0.70 lb cooked liver
Roast			
Chuck, pot roast, boneless	3 oz EP	18 lb AP	1 lb AP = 0.70 lb lean cooked meat
With bone	3 oz EP	20–22 lb AP	1 lb AP = 0.45 lb cooked lean meat
Rib, standing	6 oz EP	45–50 lb AP	Bone in, oven prepared
Ribeye	3 oz EP	13–15 lb AP	1 lb AP = 0.73 lb lean cooked meat

TABLE 1.1 *continued*

Food	*Serving portion*	*Amount for 50 portions*	*Miscellaneous information*
Roasts, continued			
Round, bottom boneless	3 oz EP	15–18 lb AP	1 lb AP = 0.70 lb cooked lean meat
Inside, boneless	3 oz EP	15–18 lb AP	1 lb AP = 0.70 lb cooked meat
Rump, boneless	3 oz EP	16–18 lb AP	1 lb AP = 0.62 lb cooked lean meat
Sirloin, boneless, trimmed	3 oz EP	16–18 lb AP	1 lb AP = 0.61 lb cooked lean meat
Short ribs, trimmed	3 oz EP	38–40 lb AP	1 lb AP = 0.25 lb cooked meat
Steaks			
Cubed, 4 per lb	3 oz EP	17 lb AP	
Flank, 4 per lb	3 oz EP	17 lb AP	1 lb AP = 0.67 lb cooked lean meat
Loin strip	8 oz AP	25 lb AP	Short cut, bone in
Round, boneless, 3 per lb	3½ oz EP	18–20 lb AP	1 lb AP = 0.59 lb cooked lean meat
Sirloin, boneless	3½ oz EP	14–16 lb AP	1 lb AP = 0.75 lb cooked lean meat
Tenderloin, trimmed	4 oz EP	14 lb AP	1 lb AP = 0.90 lb cooked lean meat
T-bone	8 oz AP 12 oz AP	25 lb AP 36–38 AP	
Lamb			
Chops, rib, 4 per lb	2 each	25 lb AP	1 lb AP = 0.46 lb cooked lean meat
Roast, leg, boneless	3 oz EP	15 lb AP	1 lb AP = 0.61 lb cooked lean meat
With bone	3 oz EP	22 lb AP	1 lb AP = 0.45 lb cooked lean meat
Pork, Fresh			
Chops, loin, with bone, 3 per lb	1 chop	17 lb AP	1 lb AP = 0.41 lb cooked lean meat
Cutlets, 3 or 4 per lb	3–3½ oz EP	12–15 lb AP	1 lb AP = 0.75 lb cooked meat
Ham, whole boneless	3 oz EP	18–20 lb AP	1 lb AP = 0.53 lb cooked lean meat
With bone	3 oz EP	20–22 lb AP	1 lb AP = 0.46 lb cooked lean meat
Shoulder, Boston butt, boneless	3 oz EP	18–20 lb AP	1 lb AP = 0.54 lb cooked lean meat
With bone	3 oz EP	19–21 lb AP	1 lb AP = 0.50 lb cooked lean meat
Shoulder, picnic, boneless	3 oz EP	20–22 lb AP	1 lb AP = 0.46 lb cooked lean meat
With bone	3 oz EP	25 lb AP	1 lb AP = 0.38 lb cooked lean meat

continues

TABLE 1.1 *continued*

Food	*Serving portion*	*Amount for 50 portions*	*Miscellaneous information*
Roast, loin, boneless	3 oz EP	18–20 lb AP	1 lb AP = 0.54 lb cooked lean meat
With bone	3 oz EP	22–24 lb AP	1 lb AP = 0.41 lb cooked lean meat
Sausage, bulk	2-oz patty	12½–15 lb AP	1 lb AP = 0.47 lb cooked lean meat
Links, 12–16 per lb	2 links	7–8 lb AP	1 lb AP = 0.47 lb cooked lean meat
Spareribs	8–12 oz AP	25–40 lb AP	1 lb AP = 0.39 lb cooked meat
Pork, Cured			
Bacon, sliced			
Hotel pack	2 slices	4–5 lb	24 slices per lb
Sliced	2 slices	5–6 lb	17–20 slices per lb
Canadian	2 slices (2 oz)	10 lb	16 slices per lb
Ham, boneless	3 oz EP	15 lb AP	1 lb AP = 0.63 lb cooked lean meat
With bone	3 oz EP	18–20 lb AP	1 lb AP = 0.53 lb cooked lean meat
Fully cooked, ready to eat	3 oz EP	15 lb AP	
Pullman, canned	3 oz EP	12–15 lb AP	1 lb AP = 0.64 lb cooked lean meat
Shoulder, Boston butt, boneless	3 oz EP	16 lb AP	1 lb AP = 0.60 lb cooked lean meat
Shoulder, picnic, boneless	3 oz EP	18 lb AP	1 lb AP = 0.53 lb cooked lean meat
Variety and Luncheon Meats			
Braunschweiger	2 oz	7 lb	
Frankfurters			
8 per lb	2 franks	12½ lb	
10 per lb	2 franks	10 lb	
Knockwurst	3 oz	10 lb	
Sliced luncheon meat	1 oz	3¼ lb	16 slices per lb
Veal			
Cubed, 1-inch, for stew	2 oz EP	12–15 lb AP	1 lb AP = 0.65 lb cooked lean meat
Cutlets, 3 or 4 per lb	3–3½ oz EP	12½–15 lb AP	1 lb AP = 0.80 lb cooked lean meat
Ground	3–4 oz EP	15–18 lb AP	1 lb AP = 0.73 lb cooked lean meat
Roast, leg, boneless	3 oz EP	15–18 lb AP	1 lb AP = 0.61 lb cooked lean meat
Shoulder, boneless	3 oz EP	18 lb AP	1 lb AP = 0.59 lb cooked lean meat

TABLE 1.1 *continued*

Food	*Serving portion*	*Amount for 50 portions*	*Miscellaneous information*
PASTA			
Macaroni, noodles, and spaghetti	4 oz	4½–5 lb dry	12 lb cooked
In casseroles	2 oz	2–3 lb dry	6–7 lb cooked
POULTRY			
Chicken			
Fryer parts			
½ breast (without back)	5 oz AP	15–16 lb AP	1 lb AP = 0.66 lb cooked chicken
1 drumstick and thigh	6 oz AP	19–20 lb AP	
1 drumstick	3 oz AP	10 lb AP	1 lb AP = 0.49 lb cooked chicken
1 thigh	3 oz AP	10–11 lb AP	1 lb AP = 0.50 lb cooked chicken
2 wings	5 oz AP	15 lb AP	1 lb AP = 0.34 lb cooked chicken
Whole	¼ fryer	13 fryers	3½ lb each
	½ fryer	25 fryers	2–3 lb each
Whole, for stewing	3 oz cooked chicken without bone	26–28 lb AP	1 lb AP = 0.36 lb cooked chicken, not using neck and giblets; 0.41 lb using neck meat and giblets
Cooked, diced	2 oz	6 lb 4 oz	
Turkey, dressed, whole for roasting	3 oz EP (slices)	50 lb AP	1 lb AP = 0.53 lb cooked turkey with skin, without neck and giblets; without skin 0.47 lb
Boneless roll, raw	3–4 oz EP	16–18 lb AP	1 lb AP = 0.66 lb cooked turkey meat
Boneless roll, cooked	3–4 oz EP	12–15 lb AP	1 lb AP = 0.92 lb cooked turkey meat
Breasts, whole, raw	3 oz EP	19 lb AP	1 lb AP = 0.64 lb turkey meat with skin; 0.57 lb without skin
Leg quarters	3 oz EP	19 lb AP	1 lb AP = 0.53 lb cooked turkey; without skin 0.48 lb
Ground	3 oz EP	11–12 lb	1 lb AP = 0.85 lb cooked meat
Tenderloin (steaks)	4 oz	14–15 lb	1 lb AP = 0.90 lb cooked meat
Wings	3–4 oz EP	30 lb	1 lb AP = 0.32 lb cooked meat (without skin)
Turkey ham, cooked	1½ oz	5 lb	
Turkey, cooked, cubed	1½–2 oz	5–6 lb EP (18–20 lb AP)	3¾–4½ qt
Canned, see Chicken			
RELISHES			
Catsup	1 oz	½ No. 10 can	1 No. 10 can = about 12 cups
	1 oz	4 14-oz bottles	
Mustard, prepared	½ tsp	½ cup	
Olives, green, whole	3	2 qt	88–90 per qt
Ripe, whole or pitted	3	1½ qt	120–150 per qt
Pickles, dill, whole	1 pickle	2½ qt	
Dill or sweet, sliced	1 oz	2¼ qt	
Pickle relish	1 oz	2 qt	1 gal = about 58 oz drained

continues

TABLE 1.1 *continued*

Food	*Serving portion*	*Amount for 50 portions*	*Miscellaneous information*
SALADS AND SALAD DRESSINGS			
Salads			
Bulky vegetable	1 cup	3 gal	
Fish or meat	½ cup	6–7 qt	
Fruit	⅓ cup	4¼ qt	
Gelatin	½ cup	1 12 × 20 × 2-inch pan	24-oz pkg flavored gelatin, 1 gal liquid
Potato	½ cup	6–7 qt	
Dressings			
Mixed in salad			
French, thin	1 Tbsp	3–4 cups	
Mayonnaise	1–2 Tbsp	1 qt	
Self-service			
Thousand Island, Roquefort, or Ranch	1–2 Tbsp	1½–2 qt	
French	1 Tbsp	1–1½ qt	
SAUCES			
Gravy	3–4 Tbsp	3–4 qt	
Meat accompaniment	2 Tbsp	2 qt	
Pudding	2–3 Tbsp	2–3 qt	
Salsa	2–3 Tbsp	2–3 qt	Condiment for Mexican entrees
Vegetable	2–3 Tbsp	2–3 qt	
SOUPS			
Soup			
First course	½–1 cup (4–8 oz)	2–3¼ gal	
Main course	1 cup (8 oz)	3¼ gal	
Soup			
Concentrated	1 cup (8 oz)	5 46-oz cans	
Soup base, paste		10 oz	For 2½ gal soup
SUGARS, JELLIES, SWEETS, NUTS			
Candies, small	2 each	1 lb	
Honey	2 Tbsp	5 lb (2 qt)	
Jam or jelly	1 Tbsp	2–3 lb	
Marshmallows	3	1–1½ lb	
Nuts, mixed	1½ Tbsp	1–1½ lb	
Sugar, cubes	1–2 cubes	1½ lb	
Granulated	1½ tsp	12 oz	
Syrup	¼ cup	3 qt	
Toppings for dessert	2 Tbsp	1½–2 qt	
VEGETABLES			
Canned	2½ oz	2 No. 10 cans	Most vegetables yield 60–70 oz drained weight
Dried			
Dehydrated potatoes			
Diced or sliced	3–4 oz	2–2½ lb AP	
Instant for mashing	4 oz	2–2¼ lb AP	
Dried beans	4 oz	5–6 lb AP	
Split peas or lentils	4 oz	4 lb AP	
Fresh			
Alfalfa sprouts	2 Tbsp	1 lb	

TABLE 1.1 *continued*

Food	*Serving portion*	*Amount for 50 portions*	*Miscellaneous information*
Vegetables, fresh, continued			
Asparagus	3 oz	18–20 lb AP	1 lb AP = 0.53 lb ready to cook; 0.50 lb cooked
Beans, green or wax	3 oz	10–12 lb AP	1 lb AP = 0.88 lb ready to cook
Bean sprouts	2 Tbsp	12 oz	
Beets, topped	3 oz	12–14 lb AP	1 lb AP = 0.77 lb peeled; 0.73 lb cooked slices
Broccoli	3 oz	16–20 lb AP	1 lb AP = 0.81 lb ready to cook
Brussels sprouts	3 oz	12–14 lb AP	1 lb AP = 0.76 lb ready to cook
Cabbage			
Green	1 wedge or 3 oz shredded	12–14 lb AP	1 lb AP = 0.89 lb ready to cook or serve raw
Red, chopped or shredded	2 oz	10 lb AP	1 lb AP = 0.64 lb ready to cook or serve raw
Carrots, without tops	3 oz	14–16 lb AP	1 lb AP = 0.70 lb ready to cook or serve raw; 0.60 lb cooked
Strips for relish	3 strips, 4 × ½ inch	4–5 lb	
Cauliflower	3 oz	16–18 lb AP	1 lb AP = 0.62 lb ready to cook or serve raw; 0.61 lb cooked
Salad pieces	¼ cup	8 lb AP	1 medium head = about 6 cups (50–75 florets)
Celery, sliced	3 oz	12 lb AP	1 lb AP = 0.83 lb ready to cook or serve raw; 0.74 lb cooked
Sticks for relishes	4 sticks, 4 × ½ inch	4–5 lb AP	
Celery cabbage	2 oz	9 lb AP	1 lb AP = 0.93 lb ready to serve raw
Corn, on cob	1 ear	5 doz (25 lb with husks)	1 lb AP = 0.33 lb EP cooked
Cucumbers	1½ oz	5–6 lb AP	1 lb AP = 0.84 lb pared ready to serve raw
Eggplant	3 oz	12–15 lb AP	1 lb AP = 0.81 lb ready to cook
Endive, escarole	½ cup	8–10 lb AP	1 lb AP = 0.78 lb ready to serve
Lettuce			
Iceberg, wedges	⅙ head	8–10 heads	24 heads per crate
Broken, for salad	1 cup (2½ oz)	9½ lb AP	1 lb AP = 0.76 lb ready to serve
Garnish	1 leaf	4–5 lb AP	
Leaf, for garnish	1 leaf	3–4 lb AP	1 lb AP = 0.66 lb ready to serve
Bibb	2½ oz	9 lb	
Romaine, for salad	2½ oz	9 lb AP	1 lb AP = 0.64 lb ready to serve
Mushrooms, sliced	3 oz	12 lb AP	1 lb AP = 0.90 lb ready to serve raw or cook; 0.22 lb cooked
For sauce	1 oz	3–4 lb AP	
Onions			
Green, chopped for salad	¼ cup (with tops)	3½–4 lb AP	1 lb AP = 0.83 lb ready to serve raw with tops; 0.37 lb without tops
Mature	2 oz	7–8 lb AP	1 lb AP = 0.88 lb ready to serve raw or cook; 0.78 lb cooked
Whole, to bake	1 medium	12–15 lb AP	
Parsley, for garnish or seasoning		2 lb AP	1 lb AP = 0.92 lb ready to serve raw
Parsnips	3 oz	12–15 lb AP	1 lb AP = 0.83 lb ready to cook
Peppers, green, red, and yellow strips	3 strips	4–5 lb AP	1 lb AP = 0.80 lb ready to cook or serve raw; 0.73 lb cooked
Chopped for salads	½ oz	1–2 AP	

continues

TABLE 1.1 *continued*

Food	*Serving portion*	*Amount for 50 portions*	*Miscellaneous information*
Vegetables, fresh, continued			
Potatoes, sweet, or yams to bake	1 potato (4½–5 oz)	18–20 lb AP	1 lb AP = 0.61 lb baked, without skins
Candied	4 oz	20–25 lb AP	1 lb AP = 0.80 lb peeled, ready to cook
Mashed	4 oz	18 lb AP	
Potatoes, white, baked	1 potato	17–25 lb AP	1 lb AP = 0.74 lb baked potato without skins
Mashed	4 oz (½ cup)	15 lb AP	1 lb AP = 0.81 lb ready to cook pared
Steamed	4 oz (1 potato)	16–17 lb AP	
French fried	4–5 oz	16–20 lb AP	1 lb AP = 0.81 lb ready to cook
Radishes, without tops, for relishes	2 oz	6 lb AP	1 lb AP = 0.94 lb ready to serve raw
Salad greens	3 oz	10 lb	
Spinach	3 oz	12 lb AP	1 lb AP = 0.88 lb ready to cook or serve raw
For salad	1 oz	4–5 lb AP	
Squash, summer, yellow	3 oz	10 lb AP	1 lb AP = 0.95 lb ready to cook; 0.83 lb cooked
Zucchini	3 oz	10 lb AP	1 lb AP = 0.94 lb ready to cook; 0.86 lb cooked
Squash, winter, acorn	½ squash	20–25 lb AP	1 lb AP = 0.87 lb ready to cook in skin
Butternut	3 oz	12 lb AP	1 lb AP = 0.84 lb ready to cook pared
Hubbard, baked	2½-inch square	20–25 lb	
Mashed	3 oz	15 lb AP	1 lb AP = 0.64 lb ready to cook pared
Tomatoes	1 small	20 lb AP	
Sliced, salad	3 slices	15 lb AP	1 lb AP = 0.90 lb ready to cook or serve raw
Diced	½ cup	12–15 lb AP	1 lb AP = 0.75 lb peeled and seeded
Cherry, salad	1 oz	4 lb AP	1 lb AP = 0.97 lb stemmed
Turnips	3 oz	12–15 lb AP	1 lb AP = 0.79 lb ready to cook or serve raw; 0.78 lb cooked
Watercress	1½ oz	4–5 lb AP	1 lb AP = 0.92 lb ready to serve raw
Yams, see Potatoes, sweet			
Frozen			
Asparagus spears	3 oz	10 lb	
Beans, cut green or lima	3 oz	10 lb	
Broccoli	3 oz	10 lb	
Brussels sprouts	3 oz	10 lb	
Cauliflower	3 oz	10 lb	
Corn, whole kernel	3 oz	10 lb	
Peas	3 oz	10 lb	
Potatoes			
French fried	4 oz	12–13 lb	
Hashed brown	4 oz	12–13 lb	
Spinach	3 oz	10 lb	
MISCELLANEOUS			
Ice			
For water glasses	3–4 oz	10–12 lb	
For punch bowl		10 lb	
Potato chips	1 oz	3 lb	

TABLE 1.2 Approximate yield in the preparation of fresh fruits and vegetables (in lb)

Weight of ready to cook or ready to serve raw from 1 lb as purchased

Apples	0.78	Lettuce, head	0.76
Asparagus	0.53	Lettuce, leaf	0.66
Avocado	0.67	Lettuce, romaine	0.64
Bananas	0.65	Mangoes	0.69
Beans, green or wax	0.88	Mushrooms, trimmed	0.90
Beans, lima	0.44	Nectarines	0.91
Beets	0.77	Okra	0.87
Blueberries	0.96	Onions, mature	0.88
Broccoli	0.81	Orange sections	0.40
Brussels sprouts	0.76	Papaya	0.62
Cabbage, green	0.87	Parsnips	0.83
Cabbage, red	0.64	Peaches	0.76
Cantaloupe, served without rind	0.52	Pears, served pared	0.78
		Peas, green	0.38
Carrots	0.70	Peppers, green	0.80
Cauliflower	0.62	Pineapple	0.54
Celery	0.75	Plums	0.94
Chard, Swiss	0.92	Potatoes, sweet	0.80
Cherries, pitted	0.87	Potatoes, white	0.81
Chicory	0.89	Radishes, without tops	0.94
Collards, leaves	0.57	Rhubarb, without leaves	0.86
Collards, leaves and stems	0.74	Rutabagas	0.85
Cranberries	0.95	Spinach, partly trimmed	0.88
Cucumbers, pared	0.84	Squash, acorn or patty pan	0.87
Eggplant	0.81		
Endive, escarole	0.78	Squash, butternut	0.84
Ginger, fresh	0.77	Squash, Hubbard	0.64
Grapefruit sections	0.52	Squash, summer	0.95
Grapes, seedless	0.97	Squash, zucchini	0.94
Honeydew melon, served without rind	0.46	Strawberries	0.88
		Tomatoes	0.99
Kale	0.67	Turnips, without tops	0.79
Kiwi	0.85	Watermelon	0.57

Adapted from *Food Buying Guide for School Food Service,* U.S. Department of Agriculture PA 1257, Washington, D.C., 1980.

Notes

- **How to Use This Table** To determine the amount of fruits or vegetables to yield the amount stated in a recipe as EP or as ready to cook in Table 15.1, Timetable for Boiling or Steaming Fresh Vegetables (p. 631):
- Divide the weight of ready to cook or EP desired by the figure given in this table. For example, the recipe for Mashed Potatoes calls for 12 lb EP potatoes. To change the 12 lb EP to AP, divide 12 lb by 0.81 lb, the ready to cook weight from 1 lb AP.

  12 lb EP divided by 0.81 lb = 14.8 or 15 lb to purchase
- For conversion to pounds and ounces, refer to Table 1.27 (p. 54).

TABLE 1.3 Food weights and approximate equivalents in measure (pp. 22–31)

Food	*Weight*	*Approximate measure*
Alfalfa sprouts	1 lb	6 cups
Allspice, ground	1 oz	4½ Tbsp
Almonds, blanched, slivered, chopped	1 lb	3½ cups
Apples, canned, pie pack	1 lb	2 cups
Apples, fresh, AP[a]	1 lb	3 medium (113)
Apples, fresh, pared and sliced	1 lb	2¾ cups
Apples, pared and diced, 1½-inch cubes	1 lb	3 cups
Applesauce	1 lb	2 cups
Apricots, canned halves, without juice	1 lb	2 cups or 12–20 halves
Apricots, canned, pie pack	1 lb	2 cups
Apricots, dried, AP	1 lb	3 cups
Apricots, dried, cooked, without juice	1 lb	4½–5 cups
Apricots, fresh	1 lb	5–8 apricots (large)
Apricots, sliced	1 lb	3 cups
Asparagus, canned, cuts	1 lb	2½ cups
Asparagus, canned tips, drained	1 lb	16–20 stalks
Asparagus, fresh	1 lb	16–20 stalks
Avocado	1 lb	2 medium
Bacon bits	1 lb	3⅓ cups
Bacon, cooked	1 lb	85–95 slices
Bacon, uncooked	1 lb	14–25 slices
Bacon, uncooked, diced	1 lb	2¼ cups
Baking powder	1 oz	2⅓ Tbsp
Baking powder	1 lb	2⅓ cups
Baking soda	1 oz	2⅓ Tbsp
Baking soda	1 lb	2⅓ cups
Bananas, AP	1 lb	3 medium
Bananas, diced	1 lb	2½–3 cups
Bananas, mashed	1 lb	2 cups
Barbecue sauce	1 lb	2 cups
Barley, pearl	1 lb	2½ cups
Basil, sweet, dried	1 oz	1⅓ cups
Basil leaves, fresh (loosely packed)	1 oz	¾ cup, 40 medium leaves
Bay leaves	1 oz	2 cups
Beans, baked	1 lb	2 cups
Beans, garbanzo, canned	1 lb	2½ cups
Beans, Great Northern, dried, AP	1 lb	2½ cups
Beans, green, cut, cooked	1 lb	3 cups
Beans, green, cut, frozen	1 lb	3 cups
Beans, kidney, dried, AP	1 lb	2½ cups
Beans, kidney, dried, 1 lb AP, after cooking	2 lb 6 oz	6–7 cups
Beans, lima, dried, AP	1 lb	2½ cups
Beans, lima, dried, 1 lb AP, after cooking	2 lb 9 oz	6 cups

[a]AP denotes "as purchased," which refers to the status of the product before it is peeled, hulled, cored, or otherwise prepared for cooking.

TABLE 1.3 *continued*

Food	*Weight*	*Approximate measure*
Beans, lima, fresh, canned, or frozen	1 lb	3 cups
Beans, navy or black turtle, dried, AP	1 lb	2¼ cups
Beans, navy, dried, 1 lb AP, after cooking	2 lb 3 oz	5½–6 cups
Beans, pinto, dried, AP	1 lb	2½ cups
Bean sprouts, canned, drained	1 lb	1 qt
Bean sprouts, fresh	1 lb	2 qt
Beef, cooked, diced	1 lb	3 cups
Beef, dried, solid pack	1 lb	3¾ cups
Beef, ground, raw	1 lb	2 cups
Beef base (paste)	1 lb	2½ cups
Beets, cooked, diced, or sliced	1 lb	2½–3 cups
Beets, fresh, medium	1 lb	3–4 beets
Blackberries, fresh, frozen, IQF[b]	1 lb	3½ cups
Blackberries or boysenberries, pie pack	1 lb	2½ cups
Blackeyed peas, dried	1 lb	2¾ cups
Blueberries, canned	1 lb	2 cups
Blueberries, fresh, frozen, IQF	1 lb	2½ cups
Bran, all bran	1 lb	2 qt
Bran flakes	1 lb	3 qt
Bread, dry, broken	1 lb	8–9 cups
Bread, fresh	1 lb	8 oz dry crumbs
Bread, loaf	1 lb	16–18 slices, ½ inch each
Bread, sandwich	2 lb	36–40 slices, thin
Bread, soft, broken	1 lb	2½ qt
Bread crumbs, dry, ground	1 lb	4 cups (1 qt)
Bread crumbs, soft	1 lb	2 qt
Broccoli, florets	1 lb	4 cups
Broccoli, head	1 lb	1 medium
Brussels sprouts, AP	1 lb	1 qt
Butter	1 lb	2 cups
Buttermilk, dry	1 oz	¼ cup
Buttermilk, dry	1 lb	4 cups
Butterscotch chips	1 lb	2⅔ cups
Cabbage, raw, shredded	1 lb	1 qt lightly packed
Cabbage, AP, shredded, cooked	1 lb	1½ cups
Cake crumbs, soft	1 lb	6 cups
Cake mix	1 lb	4 cups
Cantaloupe	3 lb	1 melon, 6-inch diameter
Caraway seeds	1 oz	4 Tbsp
Cardamom, ground	1 oz	4½ Tbsp
Carrots, diced, cooked	1 lb	3 cups
Carrots, diced, raw	1 lb	3–3¼ cups
Carrots, fresh	1 lb	4–5 medium
Carrots, ground, raw, EP[c]	1 lb	3 cups

[b]IQF denotes "individually quick frozen."
[c]EP denotes "edible portion," or the status of the product after it has been prepared for cooking or for serving raw.

continues

TABLE 1.3 *continued*

Food	*Weight*	*Approximate measure*
Carrots, shredded	1 lb	4 cups
Carrots, sliced, frozen	1 lb	3½ cups
Catsup	1 lb	2 cups
Cauliflower, florets	1 lb	4 cups
Cauliflower, head	1 lb	1 medium
Cayenne pepper	1 oz	4½ Tbsp
Celery, chopped	1 lb	3 cups
Celery, diced	1 lb (1–2 bunches)	1 qt
Celery cabbage, shredded	1 lb	6 cups
Celery flakes, dried	1 oz	1⅓ cups
Celery salt	1 oz	2 Tbsp
Celery seed	1 oz	4 Tbsp
Cheese, cheddar or Swiss, shredded	1 lb	4 cups
Cheese, cottage	1 lb	2 cups
Cheese, cream	1 lb	2 cups
Cheese, loaf, slices	1 lb	16–20 slices
Cheese, mozzarella, shredded	1 lb	3½ cups
Cheese, parmesan or Romano, commercially grated	1 lb	3½ cups
Cheese, parmesan or Romano, freshly grated	1 lb	7–8 cups
Cherries, glacé, candied	1 lb	96 cherries or 2½ cups
Cherries, maraschino, drained	1 lb	50–60 cherries
Cherries, red, frozen	1 lb	2 cups
Cherries, red, pie pack, drained	1 lb	2½ cups
Cherries, Royal Anne, drained	1 lb	2½ cups
Cherries, sweet fresh	1 lb	45 cherries
Chervil	1 oz	2 cups
Chicken, cooked, cubed	1 lb	3 cups
Chicken, ready to cook	4–4½ lb	1 qt cooked, diced
Chicken base (paste)	1 lb	1¾ cups
Chili powder	1 oz	4 Tbsp
Chili sauce	1 lb	1⅓ cups
Chilis, green, diced	1 lb	2 cups
Chives, freeze-dried	1 oz	3½ cups
Chives, frozen	1 oz	⅓ cup
Chocolate, baking	1 lb	16 squares
Chocolate, grated	1 lb	3½ cups
Chocolate, melted	1 lb	2 cups (scant)
Chocolate chips	1 lb	2⅔ cups
Chocolate wafers	1 lb	4 cups crumbs
Cilantro, fresh	1 oz	¾ cup
Cilantro, dried	1 oz	1⅓ cups
Cinnamon, ground	1 oz	4 Tbsp
Cinnamon, ground	1 lb	4 cups
Cinnamon sticks	1 oz	10 pieces
Citron, dried, chopped	1 lb	2½ cups
Cloves, ground	1 oz	4 Tbsp
Cloves, whole	1 oz	5 Tbsp or 500 cloves

TABLE 1.3 *continued*

Food	*Weight*	*Approximate measure*
Cocoa	1 lb	4½ cups
Coconut, flaked or shredded	1 lb	4¾ cups
Coffee, ground coarse	1 lb	5–5½ cups
Coffee, instant	1 oz	½ cup
Coffee, whole beans	1 lb	6–6½ cups
Coriander seed, whole	1 oz	6 Tbsp
ground	1 oz	5 Tbsp
Corn, cream style, canned	1 lb	2 cups
Corn, whole kernel, canned, drained	1 lb	3 cups
Corn, whole kernel, frozen	1 lb	3 cups
Cornflake crumbs	1 lb	4½ cups
Cornflakes	1 lb	4 qt
Cornmeal, coarse	1 lb	3 cups
Cornmeal, 1 lb AP, dry, after cooking	6 lb	3 qt
Cornstarch	1 oz	3½ Tbsp
Cornstarch	1 lb	3½ cups
Corn syrup	1 lb	1½ cups
Couscous	1 lb	2¼ cups
Crab in shell	1 lb	½ cup cooked meat
Crabmeat, flaked	1 lb	3½ cups
Cracked wheat	1 lb	3½ cups
Cracker crumbs, medium fine	1 lb	5–6 cups
Crackers, 2⅝ × 2⅝ inch	1 lb	65 crackers
Crackers, graham	1 lb	60–65 crackers
Crackers, graham, crumbs	1 lb	4 cups
Crackers, saltines, 2 × 2 inch	1 lb	150–160 crackers
Cranberries, cooked	1 lb	1¾ cups
Cranberries, raw	1 lb	4 cups
Cranberry relish	1 lb	1¾ cups
Cranberry sauce, jellied	1 lb	2 cups
Cream of tartar	1 oz	3 Tbsp
Cream of Wheat or farina, quick, AP	1 lb	2⅔ cups
Cream of Wheat or farina, 1 lb AP, after cooking	8 lb	1 gal
Cream, sour	1 lb	2 cups
Cream, whipping	1 pt	1 qt whipped
Croutons	1 lb	2¼ qt
Cucumbers	1 lb	2–3 large
Cucumbers, diced, EP	1 lb	3 cups
Cucumbers, sliced	1 lb	50–60 slices
Cumin, ground	1 oz	4 Tbsp
Currants, dried	1 lb	3 cups
Curry powder	1 oz	4½ Tbsp
Dates, pitted	1 lb	2½ cups
Dill seed	1 oz	4½ Tbsp
Dill weed	1 oz	¾ cup
Eggplant	1 lb	8 slices, 4 × ½ inch
Eggplant	1 lb	1 qt diced
Eggs, dried, whites	1 lb	5 cups
Eggs, dried, whole	1 lb	5⅓ cups

continues

TABLE 1.3 *continued*

Food	*Weight*	*Approximate measure*
Eggs, dried, yolks	1 lb	5⅔ cups
Eggs, hard-cooked, chopped	1 lb	2⅔ cups
Eggs, hard-cooked, chopped	1 doz	3½ cups
Eggs, shelled, fresh or frozen, whole	1 lb (approximately 1¾ oz per egg)	2 cups (8–10 eggs)
Eggs, shelled, fresh or frozen, whites	1 lb (approximately 1–1¼ oz per white)	2 cups (16–18 eggs)
Eggs, shelled, fresh or frozen, yolks	1 lb (approximately ½–¾ oz per yolk)	2 cups (22–26 eggs)
Eggs, whole, in shell[d]	1 lb	8–10 large eggs
Fennel seed	1 oz	4 Tbsp
Figs, dry, cut fine	1 lb	2½ cups
Flour, all-purpose or bread	1 lb	4 cups
Flour, cake or pastry, unsifted	1 lb	3¾ cups
Flour, rye	1 lb	4 cups
Flour, whole wheat	1 lb	3¾–4 cups
Garlic, fresh	1 oz	6 large cloves
Garlic, fresh, minced	1 oz	3 Tbsp
Garlic powder	1 oz	3 Tbsp
Garlic salt	1 oz	2 Tbsp
Gelatin, granulated, flavored	1 lb	2¼ cups
Gelatin, granulated, unflavored	1 oz	3 Tbsp
Gelatin, granulated, unflavored	1 lb	3 cups
Ginger, candied, chopped	1 oz	2 Tbsp
Ginger, fresh, sliced	1 lb	3 cups
Ginger, ground	1 oz	4 Tbsp
Ginger, ground	1 lb	4 cups
Graham cracker crumbs	1 lb	4 cups
Grapefruit, medium	1 lb	1 grapefruit, 10-12 sections, ⅔ cup juice
Grapefruit sections	1 lb	2 cups
Grapes, cut, seeded, EP	1 lb	2¾ cups
Grapes, seedless, fresh	1 lb	3 cups
Grapes, on stem	1 lb	1 qt
Grits, hominy	1 lb	3 cups
Grits, hominy, 1 lb AP, after cooking	6½ lb	3¼ qt
Ham, cooked, diced	1 lb	3 cups
Ham, cooked, ground	1 lb	2½ cups
Hominy, canned	1 lb	3 cups
Hominy grits, see Grits		
Honey	1 lb	1⅓ cups
Horseradish, prepared	1 oz	2 Tbsp

[d]One case (30 doz) eggs weighs approximately 41–43 lb and yields approximately 35 lb liquid whole eggs.

TABLE 1.3 *continued*

Food	*Weight*	*Approximate measure*
Ice cream	4½–6 lb	1 gal
Jam, jelly	1 lb	1⅓–1½ cups
Kiwi	1 lb	5 kiwi
Lemon juice	1 lb	2 cups (8–10 lemons)
Lemon peel, dried	1 oz	4 Tbsp
Lemon peel, fresh	1 oz	4 Tbsp
Lemon peel, fresh	1 lemon	2 Tbsp
Lemons, size 165	1 lb	4–5 lemons yield ¾ cup juice
Lettuce, average head	2 lb	1 head
Lettuce, chopped or shredded	1 lb	6–8 cups
Lettuce, leaf	1 lb	25–30 salad garnishes
Limes, fresh	1 lb	5 limes, 15–20 thin slices yield, ⅞ cup juice
Macaroni, 1-inch pieces, dry	1 lb	4 cups
Macaroni, 1 lb AP, after cooking	3 lb	2–2¼ qt
Macaroni, cooked	1 lb	3 cups
Mace	1 oz	4½ Tbsp
Mango	1 lb	1 large, 2 small
Margarine	1 lb	2 cups
Margarine, whipped	1 lb	2⅔ cups
Marjoram leaves, dried	1 oz	1 cup
Marshmallows (1¼ inch)	1 lb	80–90
Marshmallows, miniature	1 lb	8 cups
(10 miniature = 1 regular)	1 oz	52
Mayonnaise	1 lb	2 cups (scant)
Meat, cooked, chopped	1 lb	2 cups
Milk, evaporated	1 lb	1¾ cups
Milk, fluid, whole	1 lb	2 cups
Milk, nonfat, dry	1 lb	6 cups
Milk, nonfat, dry	1 oz	6 Tbsp
Milk, sweetened, condensed	1 lb	1½ cups
Mincemeat	1 lb	2 cups
Molasses	1 lb	1⅓ cups
Monosodium glutamate	1 oz	2 Tbsp
Mushrooms, canned	1 lb	2 cups
Mushrooms, fresh, sliced	1 lb	5 cups raw (1¾ cups cooked)
Mustard, ground, dry	1 oz	5 Tbsp
Mustard, ground, dry	1 lb	5 cups
Mustard, prepared	1 oz	2 Tbsp
Mustard seed	1 oz	2½ Tbsp
Noodles, cooked	1 lb	2¾ cups
Noodles, 1 lb AP, after cooking	3 lb	2 qt
Nutmeats	1 lb	4 cups
Nutmeg, ground	1 oz	3½ Tbsp
Oats, rolled, quick, AP	1 lb	5⅓ cups
Oats, rolled, 1 lb AP, after cooking	2½ lb	4 qt
Oil, vegetable	1 lb	2–2⅛ cups
Olives, AP	1 lb	⅔ cup chopped
Olives, green, small size, drained	1 lb	160 olives

continues

TABLE 1.3 *continued*

Food	*Weight*	*Approximate measure*
Olives, green, stuffed	1 lb	2½ cups
Olives, ripe, sliced	1 lb	3⅓ cups
Olives, ripe, small size, drained	1 lb	140 small, 110 medium, 90 large olives
Onions, dehydrated	1 lb	8 lb raw (equivalent)
Onions, dehydrated, chopped	1 oz	5 Tbsp
Onions, dehydrated, chopped	1 lb	5–6 cups
Onions, fresh, chopped	1 lb	2½–3 cups
Onions, green, sliced	1 lb	2½–3 cups
Onions, mature, AP	1 lb	4–5 medium
Onion powder	1 oz	3 Tbsp
Onion salt	1 oz	2½ Tbsp
Onion soup mix	1 oz	2½ Tbsp
Onion soup mix	1 lb	2⅔ cups
Orange juice, frozen	6 oz	3 cups reconstituted
Orange juice, frozen	32 oz	4 qt reconstituted
Orange peel, dried	1 oz	4 Tbsp
Orange peel, fresh	1 medium orange	3 Tbsp grated peel
Oranges, medium (size 113)	1 lb	3–4 oranges, unpeeled; 5 oranges, peeled; 10–11 sections each; yield, 1 cup juice
Oranges	1 lb	2 cups bite-size pieces
Oregano, ground	1 oz	5 Tbsp
Oregano, leaf	1 oz	¾ cup
Oysters, shucked	1 lb	2 cups
Paprika, ground	1 oz	4 Tbsp
Parsley, coarsely chopped	1 oz	¾ cup
Parsley flakes, dry	1 oz	1⅓ cups
Parsnips, AP	1 lb	4 medium
Pasta	1 lb	see p. 369
Peaches, canned, sliced, drained	1 lb	2 cups
Peaches, fresh, AP	1 lb	3 medium
Peaches, sliced, frozen	1 lb	2 cups
Peanut butter	1 lb	2 cups
Peanuts, chopped, no skins	1 lb	3 cups
Peanuts, shelled	1 lb	3¼ cups
Pears, canned, drained, diced	1 lb	2½ cups
Pears, canned, large halves, drained	1 lb 14 oz	1 qt (9 halves)
Pears, fresh AP	1 lb	3 medium
Peas, cooked, drained	1 lb	2¼ cups
Peas, dried, 1 lb after cooking	2½ lb	5½ cups
Peas, split, dried, AP	1 lb	2⅓ cups
Pecans, chopped	1 lb	4 cups
Pecans, shelled, pieces	1 lb	4 cups
Pepper, cayenne	1 oz	5 Tbsp
Pepper, ground, black or white	1 oz	4 Tbsp
Pepper, ground, black or white	1 lb	4 cups
Pepper, crushed, red	1 oz	6 Tbsp
Peppercorns	1 oz	6 Tbsp

TABLE 1.3 *continued*

Food	*Weight*	*Approximate measure*
Peppers, green	1 lb	2–3 medium
Peppers, green, chopped	1 lb	3 cups
Peppers, green, dried flakes	1 oz	¾ cup
Peppers, jalapeño	1 lb	16 medium
Pickle relish	1 lb	2 cups
Pickles, chopped	1 lb	3 cups
Pickles, halves, 3 inch	1 lb	3 cups or 36 halves
Pimento, chopped	1 lb	2 cups
Pineapple, canned, crushed	1 lb	2 cups
Pineapple, canned, slices, drained	1 lb	8–12 slices
Pineapple, canned, tidbits	1 lb	2 cups
Pineapple, fresh	2–4 lb	1 pineapple, 2–4 cups, cubed
Pineapple, frozen, chunks	1 lb	2 cups
Plums	1 lb	6 medium
Poppy seed	1 oz	3 Tbsp
Potato chips	1 lb	4–5 qt
Potato chips, crushed	1 lb	2 qt
Potatoes, dehydrated, diced	1 lb	5⅛ cups
Potatoes, dehydrated, flakes	1 lb	5 cups
Potatoes, dehydrated, granules	1 lb	2¼ cups
Potatoes, dehydrated, slices	1 lb	9⅔ cups
Potatoes, fresh, white, AP	1 lb	3 medium
Potatoes, fresh, white, cooked	1 lb	2½ cups
Potatoes, raw, white, cubed	1 lb	2⅔ cups
Potatoes, sweet	1 lb	3 medium
Potatoes, sweet, cooked	1 lb	2 cups
Poultry seasoning, ground	1 oz	6 Tbsp
Prunes, dried, size 30/40, AP	1 lb	2½ cups
Prunes, dried, 1 lb AP, after cooking	2 lb	3–4 cups
Prunes, pitted, cooked	1 lb	3¼ cups
Pudding mix, dry, instant	1 lb	2½ cups
Pudding mix, dry, regular	1 lb	2¼ cups
Pumpkin, cooked	1 lb	2 cups
Quinoa	1 lb	2¼ cups
Radishes, AP	1 lb	45–50
Raisins, AP	1 lb	3 cups
Raisins, 1 lb AP, after cooking	1 lb 12 oz	1 qt
Raisins, chopped	1 lb	2⅔ cups
Raspberries, fresh AP, or frozen IQF	1 lb	3 cups
Raspberries, with syrup	1 lb	2 cups
Red-hots	1 lb	2¼ cups
Rhubarb, raw, 1-inch pieces	1 lb	4 cups
Rhubarb, 1 lb EP, after cooking		2½ cups
Rice, brown, AP	1 lb	2½ cups
Rice, converted, AP	1 lb	2½ cups
Rice, cooked	1 lb	2¼ cups
Rice, 1 lb AP, after cooking	3½ lb	2 qt
Rice, precooked, AP	1 lb	4½ cups
Rice, regular, AP	1 lb	2⅓ cups
Rice, wild	1 lb	2⅔ cups
Rice, wild, 1 lb AP, after cooking	1 lb	5 cups

continues

TABLE 1.3 *continued*

Food	*Weight*	*Approximate measure*
Rice cereal, crisp	1 lb	4 qt
Rosemary leaves	1 oz	9 Tbsp
Rutabagas, raw, cubed, EP	1 lb	3⅓ cups
Sage, finely ground	1 oz	8 Tbsp (½ cup)
Sage, rubbed	1 oz	⅔ cup
Salad dressing, cooked	1 lb	2 cups
Salmon, canned	1 lb	2 cups
Salt	1 oz	1½ Tbsp
Salt	1 lb	1½ cups
Sauerkraut	1 lb	3 cups packed
Sausage, bulk, AP	1 lb	2 cups
Sausages, link, small	1 lb	16–17 links
Sesame seed	1 oz	3 Tbsp
Sherbet	6 lb	1 gal
Shortening, hydrogenated fat	1 lb	2¼ cups
Shrimp, cleaned, cooked, peeled	1 lb	3¼ cups
Soda, baking	1 oz	2⅓ Tbsp
Spaghetti, cooked	1 lb	2⅔ cups
Spaghetti, 1 lb AP, after cooking	3 lb	2 qt
Spinach, canned or frozen	1 lb	2 cups
Spinach, raw	1 lb	5 qt lightly packed
Spinach, raw, chopped	1 lb	3¼ qt
Spinach, 1 lb AP, after cooking	13 oz	2¾ cups
Squash, Hubbard, cooked	1 lb	2 cups
Squash, summer, fresh	1 lb	4 cups
Starch, waxy maize	1 oz	3 Tbsp
Strawberries, fresh or frozen, IQF	1 lb	3 cups
Strawberries, sliced, frozen, with syrup	1 lb	2 cups
Suet, ground	1 lb	3¾ cups
Sugar, brown, lightly packed	1 lb	3 cups
Sugar, brown, solid pack	1 lb	2 cups
Sugar, cubes	1 lb	96 cubes
Sugar, granulated	1 lb	2¼ cups
Sugar, granulated	1 oz	2¼ Tbsp
Sugar, powdered, unsifted	1 lb	3¼ cups
Sugar, powdered, XXXX sifted	1 lb	3¾ cups
Syrup, corn or maple	1 lb	1½ cups
Tapioca, quick cooking	1 lb	3 cups
Tapioca, 1 lb AP, after cooking		7½ cups
Tarragon, leaf	1 oz	1 cup
Tea, bulk	1 lb	6 cups
Tea, instant	1 oz	½ cup
Thyme, ground	1 oz	6 Tbsp
Thyme, leaves	1 oz	¾ cup
Tomatoes, canned	1 lb	2 cups
Tomatoes, fresh	1 lb	2–3 medium, 12 slices
Tomatoes, fresh, diced	1 lb	2¼ cups
Tomatoes, fresh plum	1 lb	6 medium
Tomato paste	1 lb	2 cups

TABLE 1.3 *continued*

Food	*Weight*	*Approximate measure*
Tortillas, corn, 8 inch	1 lb	16
Tortillas, flour, 8 inch	1 lb	12
Tortillas, flour, 10 inch	1 lb	9
Tuna, canned	1 lb	2 cups
Turkey, AP, dressed weight	14 lb	11–12 cups diced, cooked meat
Turmeric, ground	1 oz	4 Tbsp
Turnips, AP	1 lb	2–3
Vanilla and other extracts	1 oz	2 Tbsp
Vinegar	1 lb	2 cups
Walnuts, English, shelled	1 lb	4 cups
Water	1 lb	2 cups
Watercress, EP	1 oz	½ cup
Watermelon	1 lb	1-inch slice, 6-inch diameter
Wheat germ	1 lb	5⅓ cups
Whipped topping, liquid	1 lb	2 cups
Yeast, compressed	1 oz	1 pkg
Yeast, dry	¼ oz	1 envelope
Yeast, dry, regular or instant	1 oz	3 Tbsp + 1 tsp
Yeast, dry, regular or instant	1 lb	3⅓ cups
Yogurt	1 lb	2 cups
Zucchini, fresh, shredded	1 lb	3¼ cups

TABLE 1.4 Basic equivalents in measures and weights

Equivalents	*Abbreviations used in this book*[a]	
1 Tbsp = 3 tsp, in liquids ½ fl oz	bu	bushel
⅛ cup = 2 Tbsp, in liquids 1 fl oz	fl oz	fluid ounce
¼ cup = 4 Tbsp, in liquids 2 fl oz	gal	gallon
⅓ cup = 5 Tbsp + 1 tsp	g	gram
½ cup = 8 Tbsp, in liquids 4 fl oz	kg	kilogram
⅔ cup = 10 Tbsp + 2 tsp	L	liter
¾ cup = 12 Tbsp, in liquids 6 fl oz	lb	pound
1 cup = 16 Tbsp, in liquids 8 fl oz	mL	milliliter
1 pt = 2 cups, in liquids 16 fl oz	oz	ounce
1 qt = 2 pt = 4 cups	pk	peck
1 gal = 4 qt	pt	pint
1 lb = 16 oz	qt	quart
1 pk = 8 qt, approximately 12½ lb	Tbsp	tablespoon
1 bu = 4 pk, approximately 50 lb	tsp	teaspoon

METRIC

1 g = 0.035 oz
1 kg = 2.2 lb
1 oz = 28 g
1 lb = 454 g
1 mL = ⅕ tsp
1 L = 1.06 qt
1 cup = 240 mL
1 qt = 0.95 L
1 gal = 3.8 L

[a]Periods are usually not used in abbreviations for quantity recipes.

TABLE 1.5 Weight (1–16 oz) and approximate measure equivalents for commonly used foods (pp. 32–35)

Food item	*1 oz*	*2 oz*	*3 oz*	*4 oz*
Baking powder	2⅓ Tbsp	¼ cup + 1 tsp	⅓ cup + 2 Tbsp	½ cup + 1 Tbsp
Baking soda	2⅓ Tbsp	¼ cup + 1 tsp	⅓ cup + 2 Tbsp	½ cup + 1 Tbsp
Bread crumbs, dry	¼ cup	½ cup	¾ cup	1 cup
Butter or margarine	2 Tbsp	¼ cup	⅓ cup + 2 tsp	½ cup
Celery, chopped	¼ cup	½ cup	¾ cup	1 cup
Cornstarch	3½ Tbsp	⅓ cup + 2 Tbsp	⅔ cup	¾ cup + 2 Tbsp
Eggs, whole, whites or yolks, fresh or frozen	2 Tbsp	½ cup	⅓ cup + 2 tsp	½ cup
Flour, all-purpose, unsifted	¼ cup	½ cup	¾ cup	1 cup
Flour, cake, unsifted	¼ cup	½ cup	¾ cup + 3 Tbsp	¾ cup + 3 Tbsp
Milk, nonfat dry	⅓ cup	¾ cup	1 cup + 2 Tbsp	1½ cups
Nutmeats	¼ cup	½ cup	¾ cup	1 cup
Onion, chopped	3 Tbsp	⅓ cup + 2 tsp	½ cup + 1 Tbsp	¾ cup
Salt	1½ Tbsp	3 Tbsp	¼ cup + 1½ tsp	⅓ cup + 2 tsp
Shortening, hydrogenated fat	2 Tbsp + 1 tsp	¼ cup + 2 tsp	⅓ cup + 2 Tbsp	½ cup + 1 Tbsp
Sugar, brown, light pack	3 Tbsp	⅓ cup + 2 tsp	½ cup + 1 Tbsp	¾ cup
Sugar, granulated	2¼ Tbsp	¼ cup	¼ cup + 3 Tbsp	½ cup + 1 Tbsp
Sugar, powdered	3 Tbsp	⅓ cup + 2 tsp	½ cup + 1 tsp	¾ cup
Yeast, dry	3 Tbsp + 1 tsp	⅓ cup + 1 Tbsp	½ cup + 2 Tbsp	⅔ cup + 1 Tbsp

5 oz	*6 oz*	*7 oz*	*8 oz*
¾ cup	¾ cup + 2 Tbsp	1 cup + 1 tsp	1 cup + 3 Tbsp
¾ cup	¾ cup + 2 Tbsp	1 cup + 1 tsp	1 cup + 3 Tbsp
1¼ cups	1½ cups	1¾ cups	2 cups
½ cup + 2 Tbsp	¾ cup	¾ cup + 2 Tbsp	1 cup
1¼ cups	1½ cups	1¾ cups	2 cups
1 cup + 2 Tbsp	1¼ cups + 1 Tbsp	1½ cups + 1 Tbsp	1¾ cups
½ cup + 2 Tbsp	¾ cup	¾ cup + 2 Tbsp	1 cup
1¼ cups	1½ cups	1¾ cups	2 cups
1 cup + 3 Tbsp	1¼ cups + 3 Tbsp	1½ cups + 2 Tbsp	1¾ cups + 2 Tbsp
1¾ cups + 2 Tbsp	2¼ cups	2½ cups + 2 Tbsp	3 cups
1¼ cups	1½ cups	1¾ cups	2 cups
¾ cup + 3 Tbsp	1 cup + 2 Tbsp	1¼ cups + 1 Tbsp	1½ cups
⅓ cup + 2 Tbsp	½ cup + 1 Tbsp	⅔ cup	¾ cup
⅔ cup + 1 Tbsp	¾ cup + 2 Tbsp	1 cup	1 cup + 2 Tbsp
¾ cup + 3 Tbsp	1 cup + 2 Tbsp	1¼ cups + 1 Tbsp	1½ cups
½ cup + 3 Tbsp	¾ cup + 2 Tbsp	1 cup	1 cup + 2 Tbsp
¾ cup + 3 Tbsp	1 cup + 2 Tbsp	1¼ cups + 1 Tbsp	1½ cups
1 cup + 2 tsp	1¼ cups	1½ cups	1⅔ cups

continues

TABLE 1.5 *continued*

Food item	*9 oz*	*10 oz*	*11 oz*	*12 oz*
Baking powder	1¼ cups + 1 Tbsp	1½ cups	1½ cups + 2 Tbsp	1¾ cups
Baking soda	1¼ cups + 1 Tbsp	1½ cups	1½ cups + 2 Tbsp	1¾ cups
Bread crumbs, dry	2¼ cups	2½ cups	2¾ cups	3 cups
Butter or margarine	1 cup + 2 Tbsp	1¼ cups	1⅓ cups + 1 Tbsp	1½ cups
Celery, chopped	2¼ cups	2½ cups	2¾ cups	3 cups
Cornstarch	2 cups	2 cups + 3 Tbsp	2⅓ cups + 2 Tbsp	2½ cups + 2 Tbsp
Eggs, whole, whites or yolks, fresh or frozen	1 cup + 2 Tbsp	1¼ cups	1⅓ cups + 1 Tbsp	1½ cups
Flour, all-purpose, unsifted	2¼ cups	2½ cups	2¾ cups	3 cups
Flour, cake, unsifted	2 cups + 2 Tbsp	2¼ cups + 2 Tbsp	2½ cups + 1 Tbsp	2¾ cups
Milk, nonfat dry	3¼ cups + 2 Tbsp	3¾ cups	4 cups + 2 Tbsp	4½ cups
Nutmeats	2¼ cups	2½ cups	2¾ cups	3 cups
Onion, chopped	1⅔ cups	1¾ cups + 2 Tbsp	2 cups + 1 Tbsp	2¼ cups
Salt	¾ cup + 2 Tbsp	¾ cup + 3 Tbsp	1 cup + 1 Tbsp	1 cup + 2 Tbsp
Shortening, hydrogenated fat	1¼ cups	1⅓ cups + 1 Tbsp	1½ cups + 1 Tbsp	1⅔ cups
Sugar, brown, light pack	1⅔ cups	1¾ cups + 2 Tbsp	2 cups + 1 Tbsp	2¼ cups
Sugar, granulated	1¼ cups	1¼ cups + 3 Tbsp	1½ cups + 1 Tbsp	1½ cups + 3 Tbsp
Sugar, powdered	1⅔ cups	1¾ cups + 2 Tbsp	2 cups + 1 Tbsp	2¼ cups
Yeast, dry	1¾ cups + 2 Tbsp	2 cups + 1 Tbsp	2¼ cups + 1 Tbsp	2½ cups

13 oz	*14 oz*	*15 oz*	*16 oz*
1¾ cups + 2 Tbsp	2 cups + 1 Tbsp	2 cups + 3 Tbsp	2⅓ cups
1¾ cups + 2 Tbsp	2 cups + 1 Tbsp	2 cups + 3 Tbsp	2⅓ cups
3¼ cups	3½ cups	3¾ cups	4 cups
1½ cups + 2 Tbsp	1¾ cups	1¾ cups + 2 Tbsp	2 cups
3¼ cups	3½ cups	3¾ cups	4 cups
2¾ cups + 2 Tbsp	3 cups + 1 Tbsp	3¼ cups + 1½ tsp	3½ cups
1½ cups + 2 Tbsp	1¾ cups	1¾ cups + 2 Tbsp	2 cups
3¼ cups	3½ cups	3¾ cups	4 cups
3 cups + 1 Tbsp	3¼ cups + 1 Tbsp	3½ cups	3¾ cups
4¾ cups + 2 Tbsp	5¼ cups	5½ cups + 2 Tbsp	6 cups
3¼ cups	3½ cups	3¾ cups	4 cups
2⅓ cups + 2 Tbsp	2½ cups + 2 Tbsp	2¾ cups + 1 Tbsp	3 cups
1¼ cups	1¼ cups + 1 Tbsp	1⅓ cups + 1 Tbsp	1½ cups
1¾ cups + 1 Tbsp	2 cups	2 cups + 2 Tbsp	2¼ cups
2⅓ cups + 2 Tbsp	2½ cups + 2 Tbsp	2¾ cups + 1 Tbsp	3 cups
1¾ cups + 1 Tbsp	2 cups	2 cups + 2 Tbsp	2¼ cups
2⅓ cups + 2 Tbsp	2½ cups + 2 Tbsp	2¾ cups + 1 Tbsp	3 cups
2⅔ cups + 1 Tbsp	2¾ cups + 3 Tbsp	3 cups + 2 Tbsp	3⅓ cups

TABLE 1.6 Metric equivalents for weight, measure, and temperature

Weight		*Measure*		*Temperature*	
U.S.	*Metric*[a]	*U.S.*	*Metric*[b]	*°F*	*°C*[c]
1 oz	28 g	1 tsp	5 mL	32	0
1½ oz	43 g	1 Tbsp	15 mL	100	38
2 oz	57 g	¼ cup (4 Tbsp)	60 mL	150	65
2½ oz	70 g	⅓ cup (5⅓ Tbsp)	80 mL	200	95
3 oz	85 g	½ cup (8 Tbsp)	120 mL	250	121
3½ oz	100 g	⅔ cup (10⅔ Tbsp)	160 mL	275	135
4 oz (¼ lb)	114 g	¾ cup (12 Tbsp)	180 mL	300	150
5 oz	142 g	1 cup (16 Tbsp)	240 mL	325	165
6 oz	170 g	2 cups (1 pint)	480 mL	350	175
7 oz	198 g	4 cups (1 qt)	0.95 L	375	190
8 oz (½ lb)	227 g	2 qt (½ gal)	1.89 L	400	205
9 oz	255 g	4 qt (1 gal)	3.79 L	425	220
10 oz	284 g			450	230
11 oz	312 g			475	245
12 oz (¾ lb)	340 g			500	260
13 oz	369 g				
14 oz	397 g				
15 oz	425 g				
1 lb (16 oz)	454 g				
2 lb	908 g				
2 lb 4 oz	1.02 kg				

[a] Basic formula used to calculate metric weights: 1 oz = 28.35 g. Resulting figures were rounded to nearest gram and to two decimal places for kilograms. Abbreviations used: oz = ounce; lb = pound; g = gram; kg = kilogram. To change grams to kilograms, move decimal three places to left: e.g., 28 g = 0.028 kg.

[b] Basic formulas used to calculate metric volume: 1 Tbsp = 14.8 mL, rounded to 15 mL; 1 cup = 237 mL, rounded to 240 mL; 1 qt = 0.95 L (4 × 237 ÷ 1000). Abbreviations used: tsp = teaspoon; Tbsp = tablespoon; pt = pint; qt = quart; gal = gallon; mL = milliliter; L = liter.

[c] To convert from °F to °C, the following formula is used: (°F − 32) × ⅝ = °C.

TABLE 1.7 Convection oven baking times and temperatures

Product	*Oven temperature* °F	°C	*Approximate baking time*
MEATS			
Steamship round (50 lb, medium)	250–275	120–135	8–9 hr
Rolled beef roast (12–15 lb)	275	135	2½ hr
Standing rib, choice (20 lb, trimmed, rare)	250–300	120–150	2¾ hr
Lasagna	250–275	130	90 min
Hot dogs, 10 per lb (18 × 26-inch pan)	325	165	10–15 min
Baked stuffed pork chops	375	190	20–30 min
Bacon (on racks in 18× 26-inch pans)	400	205	5–7 min
POULTRY			
Chicken breast and thigh	350	175	40 min
Chicken (2½ lb quartered)	350	175	30 min
Turkey, rolled (18-lb rolls)	310	155	3¾ hr
Turkey, whole (16–20 lb)	275–300	135–150	4–5 hr
FISH AND SHELLFISH			
Halibut steaks, codfish (frozen 5 oz)	350	175	20 min
Lobster tails (frozen)	425	220	9 min
POTATOES			
Baked potatoes (120 count)	400	205	50 min
Oven roasted potatoes (sliced or diced)	325	165	10 min
BAKED GOODS			
Frozen pies (22 oz)	400	205	30–35 min
Frozen pies (46 oz)	350	175	45–50 min
Fresh apple pie (20 oz)	350–375	175–190	25–30 min
Pumpkin pies	300	150	30–35 min
Fruit cobbler	300	150	30 min
Apple turnovers	350	175	15 min
Corn bread	335	170	20–25 min
Bread (24 1-lb loaves)	350	175	30 min
French bread	375	190	18–20 min
Yeast rolls	350	175	25 min
Croissant	325	165	15–18 min
Danish	335	170	12 min
Sheet cakes (5 lb batter per pan)	325	165	20–25 min
Chocolate cake	335	170	20 min
Fruit cakes	275	135	70 min
Brownies	325	165	20 min
Cookies	325–350	165–175	10–15 min
Cream puffs	350	175	20–25 min

Notes

- Actual times and temperatures may vary from those shown. They are affected by weight of load, temperature of the product, recipe, and type of pan.
- For menu items not listed, use recommended time and temperature for conventional oven but reduce the temperature setting by 25°–50°F and reduce the total bake/roast time by approximately 10–15 percent.

TABLE 1.8 Deep-fat frying temperatures

Type of product	*Preparation*[a]	*Temperature*[b] *°F*	*Temperature*[b] *°C*	*Frying time*[c] *(minutes)*
BREADS				
Doughnuts	See p. 132	375	190	3–5
French toast	See p. 133	360	180	3–4
Fritters	See p. 134	375	190	2–5
Sandwiches	Batter	350–375	175–190	3–4
FISH				
Fillets or pieces	Egg and crumb or batter	360–375	180–190	4–6
Oysters	Egg and crumb	375	190	2–4
Scallops	Egg and crumb	360–375	180–190	3–4
Shrimp	Batter or egg and crumb	360–375	180–190	3–5
FRUIT				
Bananas	Batter	375	190	1–3
POULTRY				
Chicken, pieces	Light coating or egg and crumb			
Fryers (1½–2 lb)		350	175	10–12
Fryers (2–2½ lb)		350	175	12–15
Chicken, half	Light coating or egg and crumb			
Fryers (1½–2 lb)		350	175	12–15
Turkey or chicken cutlets	Egg and crumb	325–350	165–175	5–8
VEGETABLES				
Cauliflower, precooked	See p. 654	370	185	3–5
Eggplant	See p. 654	370	185	5–7
Mushrooms	See p. 654	370	185	4–6
Onion Rings	Batter	350	175	3–4
Potatoes, ½-inch strips	See p. 659			
Complete fry		365	182	6–8
Blanching		360	180	3–5
Browning		375	190	2–3
Frozen, fat blanched		375	190	2–3
Zucchini	See p. 654	370	185	4–6

[a] See Table 1.9 for light coating, egg and crumb, and batter.
[b] If food is frozen, use lower temperatures listed and allow additional cooking time. At high altitudes, the lower boiling point of water in foods requires lowering of temperatures for deep-fat frying.
[c] The exact frying time will vary with the equipment used, size and temperature of the food pieces, and the amount of food placed in fryer at one time. If fryer is overloaded, foods may become grease-soaked.

Note

- Use fat with a high smoking temperature. Filter fat regularly, at least daily or more often if fryer is in constant use. The breakdown of fat may be caused by using the fat for too long a period, cooking food at too high a temperature, failing to filter the fat regularly, or inadvertently getting salt into the fryer when salting food.

TABLE 1.9 Coatings for deep-fat fried foods

Ingredient	*Light coating*[d]	*Egg and crumb*[e]	*Batter*[f]
Egg[a]		3	6
Milk[b]	1 cup	1 cup	2 cups
Flour, all-purpose or whole wheat	1 lb	8 oz (optional)	12 oz
Salt[c]	2 tsp	1 tsp	2 tsp
Bread crumbs, fine		12 oz	
Baking powder			2 tsp
Shortening, melted, or vegetable oil			3 Tbsp
Seasonings		As desired	

[a] Cholesterol can be lowered by substituting egg whites for all or part of the eggs.
[b] Water may be substituted for milk, except in batter.
[c] Seasoned salt (p. 591) may be substituted.
[d] Dip prepared food in milk. Dredge with seasoned flour.
[e] Dip prepared food in flour (may omit), then in mixture of beaten egg and milk. Drain. Roll in crumbs to cover (see Figure 10.3).
[f] Combine flour, salt, and baking powder. Add milk, beaten eggs, and shortening. Dip prepared foods in batter.

TABLE 1.10 Dipper equivalents

Dipper number[a]	*Approximate measure*	*Approximate weight*	*Suggested use*
6	10 Tbsp (⅔ cup)	6 oz	Entree salads
8	8 Tbsp (½ cup)	4–5 oz	Entrees
10	6 Tbsp (⅜ cup)	3–4 oz	Desserts, meat patties
12	5 Tbsp (⅓ cup)	2½–3 oz	Croquettes, vegetables, muffins, desserts, salads
16	4 Tbsp (¼ cup)	2–2¼ oz	Muffins, desserts, croquettes
20	3⅕ Tbsp	1¾–2 oz	Muffins, cupcakes, sauces, sandwich fillings
24	2⅔ Tbsp	1½–1¾ oz	Cream puffs
30	2⅕ Tbsp	1–1½ oz	Large drop cookies
40	1½ Tbsp	¾ oz	Drop cookies
60	1 Tbsp	½ oz	Small drop cookies, garnishes
100	Scant 2 tsp		Tea cookies

[a] Portions per quart.

Notes

- These measurements are based on food leveled off in the dipper. If food is left rounded in the dipper, the measure and weight are closer to those of the next-larger dipper.
- *Scoop* and *disher* are terms often used synonymously with *dipper*.

TABLE 1.11 Ladle equivalents

Approximate weight	*Approximate measure*	*Approximate portions per quart*	*Suggested use*
1 oz	⅛ cup	32	Sauces, salad dressings
2 oz	¼ cup	16	Gravies, some sauces
4 oz	½ cup	8	Stews, creamed dishes
6 oz	¾ cup	5	Stews, creamed dishes, soup
8 oz	1 cup	4	Soup

Note • These measurements are based on food leveled off in the ladle. If food is left rounded in the ladle, the measure and weight are closer to those of the next-larger ladle.

TABLE 1.12 Cold food storage temperatures

	Refrigerator		*Freezer*	
Food	*°F*	*Days*	*°F*	*Months*
DAIRY/EGGS				
Ice cream			−10	3
Milk	32	7		
Eggs in shell	40	21		
Raw yolks/whites	40	2–4		
Liquid pasteurized (opened)	40	3		
FRESH MEATS				
Beef roast/steaks	32	3–5	0 to −20	6–12
Pork roast	32	3–5	0 to −20	3–6
Pork chops	32	3–5	0 to −20	3–4
Hamburger/ground pork/ ground lamb	32	1–2	0 to −20	3–4
Beef cubes	32	1–2	0 to −20	3–4
Lamb roasts/chops	32	2–3	0 to −20	6–9
Vacuum-packaged cuts	28–32	16–21	0 to −20	6–12
COOKED MEATS				
Browned meats	35	3–4	0 to −20	2–3
Bacon	35	7	0 to −20	1
Frankfurters				
Unopened package	32	14	0 to −20	1–2
Opened package	32	7	0 to −20	1–2
Lamb	32	3–4	0 to −20	2–3
Luncheon meats	32	3–5	0 to −20	1–2
FRESH POULTRY AND FISH				
Chicken/turkey				
Whole	32	1–2	0 to −20	12
Pieces	32	1–2	0 to −20	9
Fish	32	1	0 to −20	3
COOKED POULTRY				
With broth or gravy	35	1–2	0 to −20	6
Pieces, no gravy	35	3–4	0 to −20	4
Cooked dishes	35	3–4	0 to −20	4–6
Fried chicken	35	3–4	0 to −20	4

TABLE 1.13 Refrigerator defrosting times for meats, seafood, and poultry

Food	*Approximate defrosting time (in refrigerator)*
Large roast	4–7 hours per pound
Small roast	3–5 hours per pound
Chop or steak, 1 inch thick	12–14 total hours
Chicken, whole	1 day
pieces	8–12 total hours
Turkey, whole	
8–12 lb	1–2 days
12–16 lb	2–3 days
16–20 lb	3–4 days
20–24 lb	4–5 days
Seafood, whole, steaks	12–24 total hours
blocks, large whole	1–2 days

TABLE 1.14 Temperatures and bacteria growth

Temperature °F	*Bacteria activity*
212	Most bacteria destroyed
140 and above	Low survival rate, prevent bacteria growth
120–140	Survival and growth
60–120	Reproduce rapidly (99°F ideal for growth)
40–140	Survival and growth
32–40	Slow growth rate

TABLE 1.15 Safe internal temperatures for cooked foods

Food	*Internal temperature*
POULTRY	
Boneless, ground, stuffed	165°F for 15 sec
Bone-in pieces	170°F
Whole birds	180°F
GROUND/CHOPPED/TENDERIZED MEAT	
Beef, pork, sausage, lamb, fish	155°F for 15 sec (see Notes)
PORK	
Pork, ham	145°F for 15 sec
BEEF/VEAL/LAMB	
Steaks, chops, roasts (see Notes)	145°F for 15 sec
FISH	
Solid	145°F for 15 sec
Stuffed	165°F
OTHER	
Reheated foods	165°F for 15 sec (within 2 hr)
Stuffed pasta, stuffed meat	165°F for 15 sec
Eggs	155°F for 15 sec
Dairy, pasta, grains, rice	145°F for 15 sec

Note

- Whole beef and pork roasts are considered safe if cooked in a preheated oven and held for a specified length of time:

Oven Type	Oven Temperature Based on Roast Weight	
	Less than 4.5 kg (10 lbs)	4.5 kg (10 lbs) or more
Still Dry	177°C (350°F) or more	121°C (250°F) or more
Convection	163°C (325°F) or more	121°C (250°F) or more
High Humidity[1]	121°C (250°F) or less	121°C (250°F) or less

[1]Relative humidity greater than 90% for at least 1 hour as measured in the cooking chamber or exit of the oven; or in a moisture-impermeable bag that provides 100% humidity.

Temperature °C (°F)	Time[1] in Minutes	Temperature °C (°F)	Time[1] in Minutes	Temperature °C (°F)	Time[1] in Minutes
54 (130)	121	58 (136)	32	61 (142)	8
56 (132)	77	59 (138)	19	62 (144)	5
57 (134)	47	60 (140)	12	63 (145)	3

[1]*Holding time may include postoven heat rise.*

- To obtain an even temperature throughout the product, foods cooked in a microwave oven must be stirred once or twice during the cooking process and held covered for 2 minutes after cooking. When using a microwave oven, end-point temperature should reach 165°F in all parts of the food.
- Some regulatory agencies recommend cooking ground meat to 160°F, therefore removing the 15-second time requirement.

TABLE 1.16 Food serving temperatures and holding times

Food	*Serving temp °F*	*Approximate holding time*
BEVERAGES		
Cold drinks—juices	40	30 min, if poured
Hot drinks	185	30–45 min
Coffee[a]	185	Hot plate, 20 min Insulated pot, 2 hr
DAIRY		
Ice cream	10	6–8 hr, dipped
Milk	34–38	
DESSERTS		
Pudding and refrigerator desserts	41 or less	
Pastries and cakes[b]	60–70	
ENTREES, SOUP		
Beef, roast[c]	150	10–15 min
Casseroles, stews, soups	170–180	30–45 min
Chicken, baked	160	20–30 min
Eggs, scrambled	160	10–15 min
Ham, pork roast	160	10–15 min
Sandwiches, hot	160	10–15 min
SALADS		
All cold	41 or less	
SAUCES, VEGETABLES		
Hot sauces	145	30–60 min
Cold sauces	below 41	
Gravy	180	30–60 min
Vegetables in cream sauce	145–160	15–30 min
Vegetables unseasoned	160–170	15–20 min
Whipped potatoes	160–170	15–20 min

[a] Coffee brewing temperature is 195°–200°F.

[b] Some pastries may be served warm, 100°–125°F, but food products that are potential food safety risks should not be held at temperatures between 41° and 140°F. Examples are custard or pumpkin pie.

[c] Temperature will depend on the doneness of meat. Rare roast beef may be served at a temperature lower than 150°F but does pose some food safety risk.

TABLE 1.17 Food cooling and storage procedures

Standard: Cooked potentially hazardous foods (PHF) must be cooled from 140°F to 70°F within 2 hours, and then from 70°F to 41°F within an additional 4 hours (or from 140°F to 41°F within 4 hours total). PHF prepared from ingredients normally stored at room temperature, such as canned tuna, must be cooled from 70°F to 41°F within 4 hours. ***(Cooling food following the two-stage cooling method, cooling first to 70°F within 2 hours, and then from 70°F to 41°F within an additional 4 hours offers the greatest protection against microbial growth.)***

Methods for Cooling Hot Foods

A. Procedure: Cut large food items into smaller pieces.
   Application: large roasts, whole poultry or fish
B. Procedure: Pour hot, thick foods into clean, chilled, shallow, stainless steel pans, to no more than 2 inches deep.
   Application: stews, chili, pasta casseroles, pudding
C. Procedure: Pour hot, thin foods into clean pans or pots, to no more than 3 inches deep.
   Application: broth soups, thin sauces
D. Procedure: Set pan of food in an ice water bath (set pan with hot food inside another pan filled with ice). Stir both the hot food and the ice. Replace ice as it melts.
   Application: pourable thin or thick foods
E. Procedure: Delete part of the water in the recipe and add as ice in the cooling step. The weight of the ice should be equal to the water deleted from the recipe.
   Application: thick, pourable foods such as chili and pasta sauces that may be prepared, cooled, and heated for service at a later time

Methods for Chilling Cold Foods

A. Chill ingredients thoroughly before combining (i.e., salad dressings, tuna, hard-cooked eggs, canned kidney beans).
B. Put dense products into clean, chilled, shallow, stainless steel pans to no more than 2 inches deep.

Notes

- Hot foods will cool faster if loosely covered or uncovered. Protect uncovered food from contamination. Cover food tightly after chilling.
- Allow air to circulate around pans. Do not stack pans.
- Chilling time can be shortened by stirring foods with a clean utensil once or twice during cooling.

TABLE 1.18 Time and temperature standards for reducing food safety hazards of potentially hazardous foods (PHF)

Step	*Standard*
Receiving	Frozen foods at 0°F or below Refrigerated foods at 41°F or below
Storage	Frozen foods at 0°F or below Refrigerated foods at 41°F or below for 7 calendar days or 45°F for 4 calendar days (The calendar day counting period begins as day 1 on the day the food is refrigerated.)
Thawing	In refrigerator at 41°F or below Under potable, running cold water (70°F or less) for not more than 2 hours
Food Production	
Pre-preparation	Keep all PHF at 41°F or below or at 140°F or above throughout pre-preparation time. Cool cooked products rapidly to 70°F within 2 hours and from 70°F to 41°F or below in 4 additional hours or less.
Preparation	*Cold foods:* Rapid cooling to 41°F or below *Hot foods:* Cook to internal temperatures specified in the recipe (reheated foods to 165°F). Maintain hot holding temperature at or above 140°F (see Notes).
Postproduction	Cool leftover food rapidly to 70°F within 2 hours and from 70°F to 41°F or less in 4 additional hours or less. Store cooked food in clean shallow pans or containers that are no more than 4 inches deep with a product depth of no more than 2 inches. If product is thick, stir frequently until cooled.
Serving	Maintain internal temperature at 140°F or more or 41°F or less (see Notes). Do not mix old product with freshly cooked product.
Cooling	Cool rapidly to 70°F within 2 hours and from 70°F to 41°F or less in 4 additional hours or less (see Postproduction).

Notes

- In some locations, regulatory agencies will permit time to be used as control rather than holding temperatures. For time to be used as a control, the following conditions must be met: (1) The product must be marked with the time it is removed from temperature control; and (2) the product will be cooked and served or discarded within 4 hours.
- Measure all temperatures with a cleaned and sanitized stem thermometer or thermocouple thermometer.

TABLE 1.19 General guidelines for handling food safely

Activity	*Food handling practice*
Purchasing/delivery	Purchase perishable food products from a reputable distributor who follows HACCP guidelines. Upon delivery, inspect perishable food products for holes or tears in the packaging and for signs of temperature abuse. Require perishable food items to have a "sell by" or "use by" date or have a production code for tracking the product. Record delivery date for perishable food products.
Storage	Store perishable food immediately upon delivery in the freezer or refrigerator. Follow HACCP guidelines.
Food preparation	Keep everything that touches food clean—utensils, pans, bowls, countertops, hands, gloves. Wash hands before handling food, after handling raw food, and after touching anything that may contaminate hands. Use disposable gloved hands, tongs, or other methods to keep bare hands from touching ready-to-eat foods. Use separate cutting boards and utensils for cooked and uncooked meat, poultry, and fish and for raw and ready-to-eat foods. Keep juices from raw meat, poultry, and fish from contacting other foods. Sanitize all utensils, pans, bowls, and food contact surfaces after being used for preparing potentially hazardous foods and before coming in contact with raw or ready-to-eat foods.
Cooking	Cook all meat to the required internal temperature to kill harmful organisms. Measure internal temperature in several places. Wash and sanitize thermometers after each use. Use an accurate thermometer or thermocouple to measure internal temperature of potentially hazardous foods. Do not rely on color for determining if meat, chicken, or fish has reached the correct end-point temperature. Do not interrupt cooking by partially cooking potentially hazardous food and then finishing later. Return all potentially hazardous foods to refrigerator when preparation is interrupted. Work with small amount of food at a time to maintain safe temperature. Never mix old product with new.
Serving	Keep potentially hazardous food either at or below 41°F or above 140°F. Take temperatures every 30 minutes. When replenishing food on a buffet, do not mix fresh food with food that has been out for service. Do not mix raw food with cooked food. Use disposable gloved hands, tongs, or other methods to keep bare hands from touching ready-to-eat foods.
Leftovers	Freeze or refrigerate leftovers immediately. Follow established guidelines for cooling food quickly, p. 44. Reheat foods, one time only, to 165°F (within 2 hours).

TABLE 1.20 Recommended mixer bowl and steam-jacketed kettle sizes for selected products

	50 portions	*100 portions*	*200 portions*	*500 portions*
Breads, yeast	7 lb/12 qt MB[a]	14 lb/12 qt MB	28 lb/20 qt MB	70 lb/60 qt MB
Quick	10 lb/12 qt MB	20 lb/20 qt MB	40 lb/60 qt MB	100 lb/80 qt MB
Cakes, angel food	6 lb/12 qt MB	12 lb/30 qt MB	24 lb/60 qt MB	60 lb/2 batch sizes, 60 qt MB
Other	8 lb/12 qt MB	16 lb/20 qt MB	32 lb/30 qt MB	80 lb/80 qt MB
Cookies	5 lb/5 qt MB	10 lb/12 qt MB	20 lb/30 qt MB	50 lb/60 qt MB
Pastry	7 lb/12 qt MB	14 lb/20 qt MB	28 lb/30 qt MB	70 lb/80 qt MB
Pie fillings				
Fruit	12 lb/10 qt SJK 10 qt SP	24 lb/20 qt SJK 20 qt SP	48 lb/20 gal SJK	70 lb/20 gal SJK
Frozen/chiffon	12 lb/20 qt MB	24 lb/60 qt MB	48 lb/80 qt MB	120 lb/2 batch sizes, 80 qt MB
Puddings/pie fillings	12 lb/10 qt SJK 10 qt SP	24 lb/20 qt SJK 10 qt SP	48 lb/20 gal SJK	120 lb/20 gal SJK
Scrambled eggs	10 lb/12 qt MB	20 lb/20 qt MB	40 lb/60 qt MB	100 lb/2 batch sizes, 60 qt MB
Cheese souffle´	14 lb/30 qt MB	28 lb/60 qt MB	56 lb/2 batch sizes, 60 qt MB	140 lb/3 batch sizes, 80 qt MB
Meat loaf	12 lb/20 qt MB	24 lb/30 qt MB	48 lb/60 qt MB	120 lb/2 batch sizes, 80 qt MB
Spaghetti sauce	19 lb/20 qt SJK 15 qt SP	38 lb/20 gal SJK 20 qt SP	76 lb/20 gal SJK	190 lb/40 gal SJK
Pasta (and cooking water)	45 lb/20 gal SJK 25 qt SP	90 lb/20 gal SJK	180 lb/40 gal SJK	450 lb/80 gal SJK
Salad dressing	8 lb/12 qt MB	16 lb/20 qt MB	32 lb/60 qt MB	80 lb/80 qt MB
Soups/stews	25 lb/20 qt SJK 15 qt SP	50 lb/20 gal SJK 25 qt SP	100 lb/20 gal SJK	250 lb/40 gal SJK
Mashed potatoes	15 lb/20 qt MB	30 lb/30 qt MB	60 lb/80 qt MB	150 lb/3 batch sizes, 80 qt MB
Whipped cream or topping	1 1/2 qt/5 qt MB	3 qt/12 qt MB	6 qt/30 qt MB	15 qt/60 qt MB

[a] Abbreviations used: MB = mixer bowl; SJK = steam-jacketed kettle; SP = stock pot.

TABLE 1.21 Pan capacities for baked products

Pan size	*Maximum capacity*	*Portion*	*Suggested use*
18 × 26 × 2 inches (cake pan)	8–10 lb	Cut 6 × 10 (3 × 2½ inches)	Cakes
18 × 26 × 1 inch (sheet pan)	4–6 lb	Cut 6 × 10 (3 × 2½ inches)	Sheet cakes, bar cookies
		Panned 8 × 12	Dinner rolls
		Dropped 3 × 5	Cookies
13 × 18 × 1 inch (half sheet pan)	2–3 lb	Cut 5 × 6 (2½ × 3 inches)	Sheet cakes, bar cookies
12 × 18 × 2 inches	4–5 lb	Cut 5 × 6 (2½ × 3 inches)	Cakes
10-inch tube	2–2½ lb	Cut 1/14	Chiffon cakes
9-inch round (cake)	1½ lb	Cut 1/16	Layer cakes, corn bread
8-inch round (cake)	1¼ lb	Cut 1/12–1/14	Layer cakes
9-inch round (pie)	1½ lb	Cut 1/8	Pies
8-inch round (pie)	1 lb	Cut 1/6	Pies
5 × 16 × 4 inches (loaf)	3–5 lb	Cut 1/24–1/32	Quick breads, yeast breads
		Cut 1/24	Cakes
5 × 8 × 4 inches (loaf)	1½–2½ lb	Cut 1/12–1/16	Quick breads, yeast breads
		Cut 1/12	Cakes
5 × 9 × 2¾ inches (loaf)	1½–2 lb	Cut 1/16	Quick breads, yeast breads, cakes

Notes

- The product volume/weight ratio will dictate the weight per pan.
- See recipes for specific instruction.
- A formula for determining scaling weight of cakes is given on p. 156.

TABLE 1.22 Counter pan capacities

Pan size	Depth (in inches)	Maximum capacity lb	Maximum capacity qt	Number of portions Cut	1 oz	2 oz	4 oz	8 oz	Suggested use
Full size 20 × 12 inches	2	12–15	8	48 (3 × 2½ inches)			67	33	Baked entrees Baked desserts
	4	24–30	14	24 (3 × 3⅓ inches) 32 (3 × 2½ inches)			113	56	Baked entrees
Half size 10 × 12 inches	2½	6–7	4	12 (3 × 3 inches)			34	17	Baked entrees
				16 (3 × 2½ inches)			34	17	Baked entrees
	4	12–15	6½				53	27	Baked entrees
	6		10				80	40	Vegetables
One-third size 6 ⅞ × 12 ¾ inches	2				85	42			Salad bar items
	4				134	67			Condiments
	6				197	98			Sauces
One-fourth size 6 ⅜ × 10 ⅜ inches	2				60	30			Salad bar items
	4				96	48			Condiments
	6				146	73			Sauces

TABLE 1.23 Common can sizes

Can size (industry term)	Approximate net weight or fluid measure	Approximate cups per can	Approximate number of 4-oz portions	Principal products
No. 10	6 lb/7 lb 5 oz	9–12	25	Institutional size for fruits, vegetables
No. 5 Squat	4–4¼ lb	8	16–20	Institutional size for canned fish, sweet potatoes
No. 3 Cyl	46 fl oz or 51 fl oz	5¼	10–12	Fruit and vegetable juices, condensed soups
No. 2½	26–30 oz	3½	5–7	Fruits, some vegetables
No. 2	18 fl oz or 20 oz	2½	5	Juices, fruits, ready-to-serve soups
No. 303	1 lb	2	4	Fruits, vegetables, ready-to-serve soups
No. 300	14–16 oz	1¾	3–4	Some fruits and meat products
No. 1 (Picnic)	10½–12 oz	1¼	2–3	Condensed soups
8 oz	8 oz	1	2	Ready-to-serve soups, fruits, vegetables

Note

- When substituting one can for another size, one No. 10 can is approximately equivalent to:
  7 No. 303 (1 lb) cans
  5 No. 2 (1 lb 4 oz) cans
  4 No. 2½ (1 lb 13 oz) cans
  2 No. 3 (46 to 50 oz) cans

TABLE 1.24 Ingredient substitutions (approximate)

Recipe item	*Amount*	*Substitute ingredient*
Baking powder	1 tsp	¼ tsp baking soda + ½ tsp cream of tartar ¼ tsp baking soda + ½ cup buttermilk or sour milk (to replace ½ cup of the liquid)
Butter or margarine	1 lb	14 oz hydrogenated shortening + 1 tsp salt 14 oz (1⅜ cups) oil + 1 tsp salt
Buttermilk	1 cup	1 Tbsp lemon juice or vinegar + enough whole milk to make 1 cup (let stand 5 min before using) or 1 cup unflavored yogurt
Celery, fresh	8 oz	4 oz celery flakes, dry
Chocolate, unsweetened	1 oz (1 square)	3 Tbsp cocoa + 1 Tbsp (½ oz) fat
Cocoa	3 Tbsp	1 oz chocolate; reduce fat in recipe by 1 Tbsp
Cornstarch (thickening)	1 Tbsp 1 oz 1 Tbsp 1 oz	2 Tbsp flour, all-purpose 2 oz flour, all purpose 2 tsp waxy maize starch ¾ oz waxy maize starch
Cream Half and half Whipping	 1 cup 1 cup	 ¾ cup milk + 2–3 Tbsp fat ¾ cup milk + ⅓ cup fat
Flour, all-purpose	1 cup (4 oz)	1½ cups bread flour 1 cup + 2 Tbsp cake flour 1 cup rye or whole wheat flour 1 cup less 2 Tbsp cornmeal 1 cup rolled oats 1½ cups bread crumbs
Flour, all-purpose (thickening)	1 oz	1⅓ oz quick-cooking tapioca ½ cup cornmeal ⅔ oz cornstarch ½ oz waxy maize starch, arrowroot ¾ oz bread crumbs
Flour, cake	1 cup (4 oz)	1 cup less 2 Tbsp all-purpose flour
Garlic	1 medium clove	⅛ tsp garlic powder ½ tsp garlic, minced, dry ½ tsp garlic salt
Green peppers, fresh, chopped	8 oz EP	1 oz green pepper flakes, dry
Herbs, fresh	1 Tbsp	1 tsp whole dried ¼ tsp ground
Honey	1 cup	1¼ cups granulated sugar + ¼ cup liquid
Milk, fluid, whole	1 cup 1 qt	1 oz (⅓ cup) nonfat dry milk + water to make 1 cup + 1 Tbsp fat (optional) ½ cup evaporated milk + ½ cup water 4 oz nonfat dry milk + water to make 1 qt + 1¼ oz fat (optional)

continues

TABLE 1.24 *continued*

Recipe item	*Amount*	*Substitute ingredient*
Milk, sour[a]	1 cup	1 Tbsp vinegar or lemon juice + sweet milk to make 1 cup
Mushrooms, fresh	1 lb (6 cups)	3 cups processed mushrooms
Onions, fresh, chopped	8 oz EP	1 oz dehydrated onions, chopped or minced[b]
Parsley, fresh, chopped	8 oz EP	3 oz parsley flakes, dry
Sour cream	1 cup	1 cup yogurt
Stock, chicken or beef	1 gal	3 oz concentrated soup base + 1 gal water (commercial products may vary in strength; follow manufacturer's directions)
Sugar, brown	1 cup	1 cup granulated sugar + 2 Tbsp molasses
Sugar, granulated	1 cup (8 oz)	1⅓ cups brown sugar 1½ cups powdered sugar 1¼–1½ cups corn syrup less ¼–½ cup liquid in recipe 1 cup honey less ¼–⅓ cup liquid in recipe 1⅓ cups molasses less ⅓ cup liquid in recipe
Tapioca, quick-cooking	1 Tbsp	1 Tbsp all-purpose flour (for thickening)
Yeast, active dry	¼ oz (1 pkg) 1 oz	1 cake compressed 2 oz compressed
Yeast, instant		See manufacturer's directions for conversion from active dry or compressed

[a] To substitute buttermilk or sour milk for sweet milk, add ½ tsp baking soda and decrease baking powder by 2 tsp per cup of milk.

[b] Rehydrate onions unless they are to be used in a recipe in which there is a large volume of liquid. To rehydrate, cover onions with water, using the ratio of 1 oz dehydrated onions (½ cup) to ¾ cup of water. Let stand 20–30 minutes.

TABLE 1.25 Ingredient proportions

Function	*Ingredient*	*Relative proportion*
Leavening agents	Baking powder	1½–2 Tbsp to 1 lb flour
	Baking soda	2 tsp to 1 qt sour milk or molasses
	Yeast	½–1 envelope dry (⅛–¼ oz) to 1 lb flour (varies with ingredients and time allowed)
Seasonings	Salt	1–2 tsp to 1 lb flour 1¼ tsp to 1 lb meat 2 tsp to 1 qt water (for cereal) 2½ tsp to 1 pt liquid (for rolls)
Thickening agents	Eggs	4–6 whole eggs to 1 qt milk 8–12 egg yolks to 1 qt milk 8–12 egg whites to 1 qt milk
	Flour	½ oz to 1 qt liquid—very thin sauce (cream soups, starchy vegetables) 1 oz to 1 qt liquid—thin sauce (cream soups, nonstarchy vegetables) 2 oz to 1 qt liquid—medium sauce (creamed foods, gravy) 3–4 oz to 1 qt liquid—thick sauce (soufflés) 4–5 oz to 1 qt liquid—very thick sauce (croquettes) 1 lb to 1 qt liquid—pour batter (popovers) 2 lb to 1 qt liquid—drop batter (cake muffins) 3 lb to 1 qt liquid—soft dough (biscuits, rolls) 4 lb to 1 qt liquid—stiff dough (pastry, cookies, noodles)
	Gelatin, granulated, unflavored	2 Tbsp to 1 qt liquid—plain gelatins (gelatin and fruit juices) 2 Tbsp to 1 qt liquid—whips (gelatin and fruit juices whipped) 3 Tbsp to 1 qt liquid—fruit gelatins (gelatin, fruit juices, and chopped fruit) 3 Tbsp to 1 qt liquid—vegetable gelatins (gelatin, liquid, and chopped vegetables) 3 Tbsp to 1 qt liquid—sponges (gelatin, fruit juice, and beaten egg whites) 4 Tbsp to 1 qt liquid—Bavarian cream (gelatin, fruit juice, fruit pulp, and whipped cream)

Note

- See Table 1.24 for ingredient substitutions.

TABLE 1.26 Guide for rounding off weights and measures

If the total amount of an ingredient is	*Round it to*
WEIGHTS	
Less than 2 oz	Measure unless weight is ¼-, ½-, or ¾-oz amounts
2–10 oz	Closest ¼ oz or convert to measure
More than 10 oz but less than 2 lb 8 oz	Closest ½ oz
2 lb 8 oz–5 lb	Closest full ounce
More than 5 lb	Closest ¼ lb
MEASURES	
Less than 1 Tbsp	Closest ⅛ tsp
More than 1 Tbsp but less than 3 Tbsp	Closest ¼ tsp
3 Tbsp–½ cup	Closest ½ tsp or convert to weight
More than ½ cup but less than ¾ cup	Closest full tsp or convert to weight
More than ¾ cup but less than 2 cups	Closest full Tbsp or convert to weight
2 cups–2 qt	Nearest ¼ cup
More than 2 qt but less than 4 qt	Nearest ½ cup
1–2 gal	Nearest full cup or ¼ qt
More than 2 gal but less than 10 gal[a]	Nearest full quart
More than 10 gal but less than 20 gal[a]	Closest ½ gal
More than 20 gal[a]	Closest full gallon

[a] For baked goods or products in which accurate ratios are critical, always round to the nearest full cup or ¼ qt.

Note

- This table is intended to aid in rounding fractions and complex measurements into amounts that are as simple as possible to weigh or measure while maintaining the accuracy needed for quality control.

TABLE 1.27 Ounces and decimal equivalents of a pound

Ounces	*Decimal part of a pound*	*Ounces*	*Decimal part of a pound*	*Ounces*	*Decimal part of a pound*
¼	0.016	5¾	0.359	11¼	0.703
½	0.031	6	0.375	11½	0.719
¾	0.047	6¼	0.391	11¾	0.734
1	0.063	6½	0.406	12	0.750
1¼	0.078	6¾	0.422	12¼	0.766
1½	0.094	7	0.438	12½	0.781
1¾	0.109	7¼	0.453	12¾	0.797
2	0.125	7½	0.469	13	0.813
2¼	0.141	7¾	0.484	13¼	0.828
2½	0.156	8	0.500	13½	0.844
2¾	0.172	8¼	0.516	13¾	0.859
3	0.188	8½	0.531	14	0.875
3¼	0.203	8¾	0.547	14¼	0.891
3½	0.219	9	0.563	14½	0.906
3¾	0.234	9¼	0.578	14¾	0.922
4	0.250	9½	0.594	15	0.938
4¼	0.266	9¾	0.609	15¼	0.953
4½	0.281	10	0.625	15½	0.969
4¾	0.297	10¼	0.641	15¾	0.984
5	0.313	10½	0.656	16	1.000
5¼	0.328	10¾	0.672		
5½	0.344	11	0.688		

Note

- This table is useful when increasing or decreasing recipes. The multiplication or division of pounds and ounces is simplified if the ounces are converted to decimal parts of a pound. For example, when multiplying 1 lb 9 oz by 3, first change the 9 oz to 0.563 lb, using the table. Thus, the 1 lb 9 oz becomes 1.563 lb, which multiplied by 3 is 4.683 lb or 4 lb 11 oz.

Direct-Reading Measurement Tables

Recipe adjustment may be made by using tables that have been developed for different numbers of portions. Using these charts requires minimal calculation. Table 1.28 can be used when the desired yields are divisible by 25 and the ingredients are given in *weights*. Table 1.29 is used when recipe ingredients are given in *volume measurements* and the yields can be divided by 25. Table 1.30 has yields that can be divided by 8 and is useful in enlarging home-size recipes. Following are instructions for using direct-reading measurement tables.

Directions for Using Tables 1.28 and 1.29

The choice of Tables 1.28 or 1.29 depends on whether the recipe ingredients are given in weights (ounces and pounds) or in volume measurements (teaspoons, tablespoons, cups, quarts, or gallons). Table 1.28 is used for converting weighed ingredients using recipe yields that are divisible by 25. Table 1.29 is used for converting volume measures of ingredients using recipe yields that are divisible by 25. To adjust recipes, follow these steps:

1. Locate the column that corresponds to the original yield of the recipe to be adjusted. For example, assume the original recipe yields 100 portions. Locate the "100" column across the top of the chart on Table 1.28.
2. Go down this column to the amount of the ingredient required (or to the closest number to that figure) in the recipe to be adjusted. If the recipe for 100 portions requires 21 lb of ground beef, for example, go down the column headed 100 to the figure "21."
3. Then go across the page, in line with that amount, to the column that is headed to correspond with the yield desired. For example, if only 75 portions are desired, begin with the 21 lb figure in the "100" column and slide across to the column headed "75" and read that figure. It indicates that 15 lb 12 oz of ground beef would be required to make 75 portions with this recipe.
4. Record this figure as the amount of the ingredient required for the new yield of the recipe. Repeat steps 1, 2, and 3 for each ingredient in the original recipe to obtain the adjusted ingredient weight needed for the new yield. Follow the same procedure using Table 1.29 in adjusting ingredient amounts indicated in volume measures. Yields can be either increased or decreased in this manner.

5. If two columns need to be combined to obtain the desired yield, follow steps 1 through 4 and add together the amounts given in the two columns to obtain the amount required for the adjusted yield. For example, to find the amount of ground beef for 225 portions of our hypothetical recipe, locate the figures in columns headed "200" and "25" and add them together. In this example it would be 42 lb + 5 lb 4 oz, so the required total for ground beef would be 47 lb 4 oz.
6. The figures given in these tables are given in exact weights including fractional ounces. After making yield adjustments for every ingredient, refer to Table 1.26 for rounding off fractional amounts that are not of sufficient proportion to change product quality.

Abbreviations used in the charts include the following:

- oz = ounce
- lb = pound
- tsp = teaspoon
- Tbsp = tablespoon
- qt = quart
- gal = gallon
- (r) = slightly rounded
- (s) = scant

Equivalents helpful in using the charts include:

- 3 tsp = 1 Tbsp
- 4 Tbsp = ¼ cup
- 5 Tbsp + 1 tsp = ⅓ cup
- 8 Tbsp = ½ cup
- 10 Tbsp + 2 tsp = ⅔ cup
- 12 Tbsp = ¾ cup
- 16 Tbsp = 1 cup
- 4 cups = 1 qt
- 4 qt = 1 gal

TABLE 1.28 Direct-reading table for adjusting weight ingredients of recipes divisible by 25[a] (pp. 56–57)

25	50	75	100	200	300	400	500
*[b]	*	*	¼ oz	½ oz	¾ oz	1 oz	1¼ oz
*	*	*	½ oz	1 oz	1½ oz	2 oz	2½ oz
*	*	*	¾ oz	1½ oz	2¼ oz	3 oz	3¾ oz
¼ oz	½ oz	¾ oz	1 oz	2 oz	3 oz	4 oz	5 oz
*	*	*	1¼ oz	2½ oz	3¾ oz	5 oz	6¼ oz
*	¾ oz	*	1½ oz	3 oz	4½ oz	6 oz	7½ oz
*	*	*	1¾ oz	3½ oz	5¼ oz	7 oz	8¾ oz
½ oz	1 oz	1½ oz	2 oz	4 oz	6 oz	8 oz	10 oz
*	*	1¾ oz	2¼ oz	4½ oz	6¾ oz	9 oz	11¼ oz
*	1¼ oz	2 oz	2½ oz	5 oz	7½ oz	10 oz	12½ oz
*	*	2 oz	2¾ oz	5½ oz	8¼ oz	11 oz	13¾ oz
¾ oz	1½ oz	2¼ oz	3 oz	6 oz	9 oz	12 oz	15 oz
*	*	2½ oz	3¼ oz	6½ oz	9¾ oz	13 oz	1 lb ¼ oz
*	1¾ oz	2¾ oz	3½ oz	7 oz	10½ oz	14 oz	1 lb 1½ oz
1 oz	2 oz	2¾ oz	3¾ oz	7½ oz	11¼ oz	15 oz	1 lb 2¾ oz
1 oz	2 oz	3 oz	4 oz	8 oz	12 oz	1 lb	1 lb 4 oz
1 oz	2¼ oz	3¼ oz	4¼ oz	8½ oz	12¾ oz	1 lb 1 oz	1 lb 5¼ oz
*	2½ oz	3½ oz	4½ oz	9 oz	13½ oz	1 lb 2 oz	1 lb 6½ oz
*	2½ oz	3½ oz	4¾ oz	9½ oz	14¼ oz	1 lb 3 oz	1 lb 7¾ oz
1¼ oz	2½ oz	3¾ oz	5 oz	10 oz	15 oz	1 lb 4 oz	1 lb 9 oz
*	2¾ oz	4¼ oz	5½ oz	11 oz	1 lb ½ oz	1 lb 6 oz	1 lb 11½ oz
1½ oz	3 oz	4½ oz	6 oz	12 oz	1 lb 2 oz	1 lb 8 oz	1 lb 14 oz
*	3¼ oz	4¾ oz	6½ oz	13 oz	1 lb 3½ oz	1 lb 10 oz	2 lb ½ oz
1¾ oz	3¾ oz	5¼ oz	7 oz	14 oz	1 lb 5 oz	1 lb 12 oz	2 lb 3 oz
2 oz	3¾ oz	5¾ oz	7½ oz	15 oz	1 lb 6½ oz	1 lb 14 oz	2 lb 5½ oz
2 oz	4 oz	6 oz	8 oz	1 lb	1 lb 8 oz	2 lb	2 lb 8 oz
2¼ oz	4¼ oz	6½ oz	8½ oz	1 lb 1 oz	1 lb 9½ oz	2 lb 2 oz	2 lb 10½ oz
2¼ oz	4½ oz	6¾ oz	9 oz	1 lb 2 oz	1 lb 11 oz	2 lb 4 oz	2 lb 13 oz
2½ oz	4¾ oz	7¼ oz	9½ oz	1 lb 3 oz	1 lb 12½ oz	2 lb 6 oz	2 lb 15½ oz
2½ oz	5 oz	7½ oz	10 oz	1 lb 4 oz	1 lb 14 oz	2 lb 8 oz	3 lb 2 oz
2¾ oz	5½ oz	8¼ oz	11 oz	1 lb 6 oz	2 lb 1 oz	2 lb 12 oz	3 lb 7 oz
3 oz	6 oz	9 oz	12 oz	1 lb 8 oz	2 lb 4 oz	3 lb	3 lb 12 oz
3¼ oz	6½ oz	9¾ oz	13 oz	1 lb 10 oz	2 lb 7 oz	3 lb 4 oz	4 lb 1 oz
3½ oz	7 oz	10½ oz	14 oz	1 lb 12 oz	2 lb 10 oz	3 lb 8 oz	4 lb 6 oz
3¾ oz	7½ oz	11¼ oz	15 oz	1 lb 14 oz	2 lb 13 oz	3 lb 12 oz	4 lb 11 oz
4 oz	8 oz	12 oz	1 lb	2 lb	3 lb	4 lb	5 lb
4½ oz	9 oz	13½ oz	1 lb 2 oz	2 lb 4 oz	3 lb 6 oz	4 lb 8 oz	5 lb 10 oz
5 oz	10 oz	15 oz	1 lb 4 oz	2 lb 8 oz	3 lb 12 oz	5 lb	6 lb 4 oz
5½ oz	11 oz	1 lb ½ oz	1 lb 6 oz	2 lb 12 oz	4 lb 2 oz	5 lb 8 oz	6 lb 14 oz
6 oz	12 oz	1 lb 2 oz	1 lb 8 oz	3 lb	4 lb 8 oz	6 lb	7 lb 8 oz
6½ oz	13 oz	1 lb 3½ oz	1 lb 10 oz	3 lb 4 oz	4 lb 14 oz	6 lb 8 oz	8 lb 2 oz
7 oz	14 oz	1 lb 5 oz	1 lb 12 oz	3 lb 8 oz	5 lb 4 oz	7 lb	8 lb 12 oz
7½ oz	15 oz	1 lb 6½ oz	1 lb 14 oz	3 lb 12 oz	5 lb 10 oz	7 lb 8 oz	9 lb 6 oz
8 oz	1 lb	1 lb 8 oz	2 lb	4 lb	6 lb	8 lb	10 lb
8½ oz	1 lb 1 oz	1 lb 9½ oz	2 lb 2 oz	4 lb 4 oz	6 lb 6 oz	8 lb 8 oz	10 lb 10 oz
9 oz	1 lb 2 oz	1 lb 11 oz	2 lb 4 oz	4 lb 8 oz	6 lb 12 oz	9 lb	11 lb 4 oz
9½ oz	1 lb 3 oz	1 lb 12½ oz	2 lb 6 oz	4 lb 12 oz	7 lb 2 oz	9 lb 8 oz	11 lb 14 oz
10 oz	1 lb 4 oz	1 lb 14 oz	2 lb 8 oz	5 lb	7 lb 8 oz	10 lb	12 lb 8 oz
11 oz	1 lb 6 oz	2 lb 1 oz	2 lb 12 oz	5 lb 8 oz	8 lb 4 oz	11 lb	13 lb 12 oz

[a] To be used with Table 1.29, which is similarly constructed for volume measures.
[b] An asterisk (*) means these amounts cannot be weighed accurately without introducing errors.

TABLE 1.28 *continued*

25	*50*	*75*	*100*	*200*	*300*	*400*	*500*
12 oz	1 lb 8 oz	2 lb 4 oz	3 lb	6 lb	9 lb	12 lb	15 lb
13 oz	1 lb 10 oz	2 lb 7 oz	3 lb 4 oz	6 lb 8 oz	9 lb 12 oz	13 lb	16 lb 4 oz
14 oz	1 lb 12 oz	2 lb 10 oz	3 lb 8 oz	7 lb	10 lb 8 oz	14 lb	17 lb 8 oz
15 oz	1 lb 14 oz	2 lb 13 oz	3 lb 12 oz	7 lb 8 oz	11 lb 4 oz	15 lb	18 lb 12 oz
1 lb	2 lb	3 lb	4 lb	8 lb	12 lb	16 lb	20 lb
1 lb 1 oz	2 lb 2 oz	3 lb 3 oz	4 lb 4 oz	8 lb 8 oz	12 lb 12 oz	17 lb	21 lb 4 oz
1 lb 2 oz	2 lb 4 oz	3 lb 6 oz	4 lb 8 oz	9 lb	13 lb 8 oz	18 lb	22 lb 8 oz
1 lb 3 oz	2 lb 6 oz	3 lb 9 oz	4 lb 12 oz	9 lb 8 oz	14 lb 4 oz	19 lb	23 lb 12 oz
1 lb 4 oz	2 lb 8 oz	3 lb 12 oz	5 lb	10 lb	15 lb	20 lb	25 lb
1 lb 5 oz	2 lb 10 oz	3 lb 15 oz	5 lb 4 oz	10 lb 8 oz	15 lb 12 oz	21 lb	26 lb 4 oz
1 lb 6 oz	2 lb 12 oz	4 lb 2 oz	5 lb 8 oz	11 lb	16 lb 8 oz	22 lb	27 lb 8 oz
1 lb 7 oz	2 lb 14 oz	4 lb 5 oz	5 lb 12 oz	11 lb 8 oz	17 lb 4 oz	23 lb	28 lb 12 oz
1 lb 8 oz	3 lb	4 lb 8 oz	6 lb	12 lb	18 lb	24 lb	30 lb
1 lb 10 oz	3 lb 4 oz	4 lb 14 oz	6 lb 8 oz	13 lb	19 lb 8 oz	26 lb	32 lb 8 oz
1 lb 12 oz	3 lb 8 oz	5 lb 4 oz	7 lb	14 lb	21 lb	28 lb	35 lb
1 lb 14 oz	3 lb 12 oz	5 lb 10 oz	7 lb 8 oz	15 lb	22 lb 8 oz	30 lb	37 lb 8 oz
2 lb	4 lb	6 lb	8 lb	16 lb	24 lb	32 lb	40 lb
2 lb 2 oz	4 lb 4 oz	6 lb 6 oz	8 lb 8 oz	17 lb	25 lb 8 oz	34 lb	42 lb 8 oz
2 lb 4 oz	4 lb 8 oz	6 lb 12 oz	9 lb	18 lb	27 lb	36 lb	45 lb
2 lb 6 oz	4 lb 12 oz	7 lb 2 oz	9 lb 8 oz	19 lb	28 lb 8 oz	38 lb	47 lb 8 oz
2 lb 8 oz	5 lb	7 lb 8 oz	10 lb	20 lb	30 lb	40 lb	50 lb
2 lb 12 oz	5 lb 8 oz	8 lb 4 oz	11 lb	22 lb	33 lb	44 lb	55 lb
3 lb	6 lb	9 lb	12 lb	24 lb	36 lb	48 lb	60 lb
3 lb 4 oz	6 lb 8 oz	9 lb 12 oz	13 lb	26 lb	39 lb	52 lb	65 lb
3 lb 8 oz	7 lb	10 lb 8 oz	14 lb	28 lb	42 lb	56 lb	70 lb
3 lb 12 oz	7 lb 8 oz	11 lb 4 oz	15 lb	30 lb	45 lb	60 lb	75 lb
4 lb	8 lb	12 lb	16 lb	32 lb	48 lb	64 lb	80 lb
4 lb 4 oz	8 lb 8 oz	12 lb 12 oz	17 lb	34 lb	51 lb	68 lb	85 lb
4 lb 8 oz	9 lb	13 lb 8 oz	18 lb	36 lb	54 lb	72 lb	90 lb
4 lb 12 oz	9 lb 8 oz	14 lb 2 oz	19 lb	38 lb	57 lb	76 lb	95 lb
5 lb	10 lb	15 lb	20 lb	40 lb	60 lb	80 lb	100 lb
5 lb 4 oz	10 lb 8 oz	15 lb 12 oz	21 lb	42 lb	63 lb	84 lb	105 lb
5 lb 8 oz	11 lb	16 lb 8 oz	22 lb	44 lb	66 lb	88 lb	110 lb
5 lb 12 oz	11 lb 8 oz	17 lb 4 oz	23 lb	46 lb	69 lb	92 lb	115 lb
6 lb	12 lb	18 lb	24 lb	48 lb	72 lb	96 lb	120 lb
6 lb 4 oz	12 lb 8 oz	18 lb 12 oz	25 lb	50 lb	75 lb	100 lb	125 lb
7 lb 8 oz	15 lb	22 lb 8 oz	30 lb	60 lb	90 lb	120 lb	150 lb
8 lb 12 oz	17 lb 8 oz	26 lb 4 oz	35 lb	70 lb	105 lb	140 lb	175 lb
10 lb	20 lb	30 lb	40 lb	80 lb	120 lb	160 lb	200 lb
11 lb 4 oz	22 lb 8 oz	33 lb 12 oz	45 lb	90 lb	135 lb	180 lb	225 lb
12 lb 8 oz	25 lb	37 lb 8 oz	50 lb	100 lb	150 lb	200 lb	250 lb

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TABLE 1.29 Direct-reading table for adjusting recipes with ingredient amounts given in volume measurement and divisible by 25[a] (pp. 58–62)

25	*50*	*75*	*100*
¼ tsp ¼ tsp (r) ¼ tsp + ½ tsp ½ tsp (s)	½ tsp ½ tsp (r) ¾ tsp ¾ tsp (r)	¾ tsp 1 tsp (s) 1 tsp + ⅛ tsp 1¼ tsp (r)	1 tsp 1¼ tsp 1½ tsp 1¾ tsp
½ tsp ½ tsp (r) ½ tsp+ ⅛ tsp	1 tsp 1 tsp + ⅛ tsp 1¼ tsp	1½ tsp 1¾ tsp(s) 2 tsp (s)	2 tsp 2¼ tsp 2½ tsp
¾ tsp (s)	1¼ tsp + ⅛ tsp	2 tsp(r)	2¾ tsp
¾ tsp	1½ tsp	2¼ tsp	1 Tbsp
1 tsp + ⅛ tsp	2¼ tsp	1 Tbsp + ¼ tsp + ⅛ tsp	1½ Tbsp
1½ tsp	1 Tbsp	1½ Tbsp	2 Tbsp
1¾ tsp + ⅛ tsp	1 Tbsp + ¾ tsp	1 Tbsp + 2½ tsp+ ⅛ tsp	2½ Tbsp
2¼ tsp	1½ Tbsp	2 Tbsp + ¾ tsp	3 Tbsp
2¼ tsp + ⅛ tsp	1 Tbsp + 2¼ tsp	2 Tbsp + 1½ tsp + ⅛ tsp	3½ Tbsp
1 Tbsp 1 Tbsp + 1 tsp 2 Tbsp	2 Tbsp 2 Tbsp + 2 tsp ¼ cup	3 Tbsp ¼ cup ¼ cup + 2 Tbsp	½ cup ⅓ cup ½ cup
2 Tbsp + 2 tsp	⅓ cup	½ cup	⅔ cup
3 Tbsp	6 Tbsp	½ cup + 1 Tbsp	¾ cup
¼ cup	½ cup	¾ cup	1 cup
¼ cup + 1 Tbsp	½ cup + 2 Tbsp	¾ cup + 3 Tbsp	1¾ cups
⅓ cup	⅔ cup	1 cup	1⅓ cups
⅓ cup + 2 tsp	¾ cup	1 cup + 2 Tbsp	1½ cups
6 Tbsp + 2 tsp	¾ cup + 4 tsp	1¼ cups	1⅔ cups
¼ cup + 3 Tbsp	¾ cup + 2 Tbsp	1¼ cups + 1 Tbsp	1¾ cups
½ cup	1 cup	1½ cups	2 cups
½ cup + 1 Tbsp	1 cup + 2 Tbsp	1½ cups + 3 Tbsp	2¼ cups
½ cup + 4 tsp	1 cup + 2 Tbsp + 2 tsp	1¾ cups	2⅓ cups
½ cup + 2 Tbsp	1¼ cups	1¾ cups + 2 Tbsp	2½ cups
⅔ cup	1⅓ cups	2 cups	2⅔ cups
½ cup + 3 Tbsp	1¼ cups + 2 Tbsp	2 cups + 1 Tbsp	2¾ cups
¾ cup	1½ cups	2¼ cups	3 cups
¾ cup + 1 Tbsp	1½ cups + 2 Tbsp	2¼ cups + 3 Tbsp	3¼ cups
¾ cup + 4 tsp	1⅔ cups	2½ cups	3⅓ cups
¾ cup + 2 Tbsp	1¾ cups	2½ cups + 2 Tbsp	3½ cups

[a] To be used with Table 1.28, which is similarly constructed for weight measures.

TABLE 1.29 *continued*

200	*300*	*400*	*500*
2 tsp 2½ tsp 1 Tbsp 1 Tbsp + ½ tsp	1 Tbsp 1 Tbsp + ¾ tsp 1½ Tbsp 1 Tbsp + 2¼ tsp	1 Tbsp + 1 tsp 1 Tbsp + 2 tsp 2 Tbsp 2 Tbsp + 1 tsp	1 Tbsp + 2 tsp 2 Tbsp + ¼ tsp 2½ Tbsp 2 Tbsp + 2¾ tsp
1 Tbsp + 1 tsp 1½ Tbsp 1 Tbsp + 2 tsp	2 Tbsp 2 Tbsp + ¾ tsp 2½ Tbsp	2 Tbsp + 2 tsp 3 Tbsp 3 Tbsp + 1 tsp	3 Tbsp + 1 tsp 3 Tbsp + 2¼ tsp 4 Tbsp + ½ tsp
1 Tbsp + 2½ tsp	2 Tbsp + 2¼ tsp	3 Tbsp + 2 tsp	4 Tbsp + 1¾ tsp
2 Tbsp	3 Tbsp	¼ cup	5 Tbsp
3 Tbsp	¼ cup + 1½ tsp	⅓ cup + 2 tsp	¼ cup + 3½ Tbsp
¼ cup	¼ cup + 2 Tbsp	½ cup	½ cup + 2 Tbsp
¼ cup + 1 Tbsp	¼ cup + 3½ Tbsp	½ cup + 2 Tbsp	¾ cup + ½ Tbsp
⅓ cup + 2 tsp	½ cup + 1 Tbsp	¾ cup	¾ cup + 3 Tbsp
¼ cup + 3 Tbsp	½ cup + 2½ Tbsp	¾ cup + 2 Tbsp	1 cup + 1½ Tbsp
½ cup ⅔ cup 1 cup	¾ cup 1 cup 1½ cups	1 cup 1⅓ cups 2 cups	1¼ cups 1⅔ cups 2½ cups
1⅓ cups	2 cups	2⅔ cups	3⅓ cups
1½ cups	2¼ cups	3 cups	3¾ cups
2 cups	3 cups	1 qt	1¼ qt
2½ cups	3¾ cups	1¼ qt	1½ qt + ¼ cup
2⅔ cups	1 qt	1¼ qt + ⅓ cup	1½ qt + ⅔ cup
3 cups	1 qt + ½ cup	1½ qt	1¾ qt + ½ cup
3⅓ cups	1¼ qt	1½ qt + ⅔ cup	2 qt + ⅓ cup
3½ cups	1¼ qt + ¼ cup	1¾ qt	2 qt + ¾ cup
1 qt	1½ qt	2 qt	2½ qt
1 qt + ½ cup	1½ qt + ¾ cup	2¼ qt	2¼ qt + ¼ cup
1 qt + ⅔ cup	1¾ qt	2¼ qt + ⅓ cup	2¾ qt + ⅔ cup
1¼ qt	1¾ qt + ½ cup	2½ qt	3 qt + 1½ cups
1¼ qt + ⅓ cup	2 qt	2½ qt+ ⅔ cup	3qt + 1⅓ cups
1¼ qt + ½ cup	2 qt + ¼ cup	2¾ qt	3¼ qt + ¾ cup
1½ qt	2¼ qt	3 qt	3¾ qt
1½ qt + ½ cup	2¼ qt + ¾ cup	3¼ qt	1 gal + ¼ cup
1½ qt + ⅔ cup	2½ qt	3¼ qt + ⅓ cup	1 gal + ⅔ cup
1¾ qt	2½ qt + ½ cup	3½ qt	1 gal + 1½ cups

continues

TABLE 1.29 *continued*

25	*50*	*75*	*100*
¾ cup + 2 Tbsp + 2½ tsp	1¾ cups + 4 tsp	2¾ cups + ½ tsp	3⅔ cups
¾ cup + 3 Tbsp	1¾ cups + 4 Tbsp	2¾ cups + 1 Tbsp	3¾ cups
1 cup	2 cups	3 cups	1 qt
1¼ cups	2½ cups	3¾ cups	1¼ qt
1½ cups	3 cups	1 qt + ½ cup	1½ qt
1¾ cups	3½ cups	1¼ qt + ¼ cup	1¾ qt
2 cups	1 qt	1½ qt	2 qt
2¼ cups	1 qt + ½ cup	1½ qt + ¾ cup	2¼ qt
2½ cups	1¼ qt	1¾ qt + ½ cup	2½ qt
2¾ cups	1¼ qt + ½ cup	2 qt + ¼ cup	2¾ qt
3 cups	1½ qt	2¼ qt	3 qt
3¼ cups	1½ qt + ½ cup	2¼ qt + ¾ cup	3¼ qt
3½ cups	1¾ qt	2½ qt + ½ cup	3½ qt
3¾ cups	1¾ qt + ½ cup	2¾ qt + ¼ cup	3¾ qt
1 qt	2 qt	3 qt	1 gal
1¼ qt	2½ qt	3¾ qt	1¼ gal
1½ qt	3 qt	1 gal + 2 cups	1½ gal
1¾ qt	3½ qt	1¼ gal + 1 cup	1¾ gal
2 qt	1 gal	1½ gal	2 gal
2¼ qt	1 gal + 2 cups	1½ gal + 3 cups	2¼ gal
2½ qt	1¼ gal	1¾ gal + 2 cups	2½ gal
2¾ qt	1¼ gal + 2 cups	2 gal + 1 cup	2¾ gal
3 qt	1½ gal	2¼ gal	3 gal
3 qt + 1 cup	1½ gal + 2 cups	2¼ gal + 3 cups	3¼ gal
3½ qt	1¾ gal	2½ gal + 2 cups	3½ gal
3½ qt + 1 cup	1¾ gal + 2 cups	2¾ gal + 1 cup	3¾ gal
1 gal	2 gal	3 gal	4 gal
1 gal + 1 cup	2 gal + 2 cups	3 gal + 3 cups	4¼ gal
1 gal + 2 cups	2¼ gal	3¼ gal + 2 cups	4½ gal
1 gal + 3 cups	2¼ gal + 2 cups	3½ gal + 1 cup	4¾ gal
1¼ gal	2½ gal	3¾ gal	5 gal
1¼ gal + 1 cup	2½ gal + 2 cups	3¾ gal + 3 cups	5¼ gal

TABLE 1.29 *continued*

200	*300*	*400*	*500*
1¾ qt + ⅓ cup	2¾ qt	3½ qt + ⅔ cup	1 gal + 1⅔ cups
1¾ qt + ½ cup	3 qt + ¼ cup	1 gal	1 gal + 3¾ cups
2 qt	3 qt	1 gal	1¼ gal
2½ qt	3¾ qt	1¼ gal	1½ gal + 1 cup
3 qt	1 gal + 2 cups	1½ gal	1¾ gal + 2 cups
3½ qt	1¼ gal + 1 cup	1¾ gal	2 gal + 3 cups
1 gal	1½ gal	2 gal	2½ gal
1 gal + 2 cups	1½ gal + 3 cups	2¼ gal	2¾ gal + 1 cup
1¼ gal	1¾ gal + 2 cups	2½ gal	3 gal + 2 cups
1¼ gal + 2 cups	2 gal + 1 cup	2¾ gal	3¼ gal + 3 cups
1½ gal	2¼ gal	3 gal	3¾ gal
1½ gal + 2 cups	2¼ gal + 3 cups	3¼ gal	4 gal + 1 cup
1¾ gal	2½ gal + 2 cups	3½ gal	4¼ gal + 2 cups
1¾ gal + 2 cups	2¾ gal + 1 cup	3¾ gal	4½ gal + 3 cups
2 gal	3 gal	4 gal	5 gal
2½ gal	3¾ gal	5 gal	6¼ gal
3 gal	4½ gal	6 gal	7½ gal
3½ gal	5¼ gal	7 gal	8¾ gal
4 gal	6 gal	8 gal	10 gal
4½ gal	6¾ gal	9 gal	11¼ gal
5 gal	7½ gal	10 gal	12½ gal
5½ gal	8¼ gal	11 gal	13¾ gal
6 gal	9 gal	12 gal	15 gal
6½ gal	9¾ gal	13 gal	16¼ gal
7 gal	10½ gal	14 gal	17½ gal
7½ gal	11¼ gal	15 gal	18¾ gal
8 gal	12 gal	16 gal	20 gal
8½ gal	12¾ gal	17 gal	21¼ gal
9 gal	13½ gal	18 gal	22½ gal
9½ gal	14¼ gal	19 gal	23¾ gal
10 gal	15 gal	20 gal	25 gal
10½ gal	15¾ gal	21 gal	26¼ gal

continues

TABLE 1.29 *continued*

25	*50*	*75*	*100*
1¼ gal + 2 cups	2¾ gal	4 gal + 2 cups	5½ gal
1¼ gal + 3 cups	2¾ gal + 2 cups	4¼ gal + 1 cup	5¾ gal
1½ gal	3 gal	4½ gal	6 gal
1½ gal + 1 cups	3 gal + 2 cups	4½ gal + 3 cups	6½ gal
1½ gal + 2 cups	3¼ gal	4¾ gal + 2 cups	6½ gal
1½ gal + 3 cups	3¼ gal + 2 cups	5 gal + 1 cup	6¾ gal
1¾ gal	3½ gal	5¼ gal	7 gal

TABLE 1.29 *continued*

200	*300*	*400*	*500*
11 gal	16½ gal	22 gal	27½ gal
11½ gal	17¼ gal	23 gal	28¾ gal
12 gal	18 gal	24 gal	30 gal
12½ gal	18¾ gal	25 gal	31¼ gal
13 gal	19½ gal	26 gal	32½ gal
13½ gal	20¼ gal	27 gal	33¾ gal
14 gal	21 gal	28 gal	35 gal

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Directions for Using Table 1.30

Many quantity recipes can be expanded from home-size recipes. Table 1.30 is useful when enlarging small-quantity recipes. Instructions for using this table follow:

1. Locate column that corresponds to the yield of the recipe to be increased. For example, if the recipe yields 8 portions, use the figures in the first column under the heading 8.
2. Locate the ingredient amount for each ingredient to be adjusted. Example: The original recipe of 8 portions calls for 1 Tbsp sugar; find 1 Tbsp in the column marked 8.
3. Locate the amount on the same line under the heading for the desired yield. Example: To increase the original recipe for 8 servings to 24, locate under the 24 column heading the number on the same line with the 1 Tbsp in the 8 column. In the case of 1 Tbsp sugar for 8 portions the enlarged amount is 3 Tbsp.
4. Repeat this procedure for each ingredient in the recipe. Refer to Table 1.26 for rounding off awkward fractions and complicated measurements.

Abbreviations in this table include:

- tsp = teaspoon
- Tbsp = tablespoon
- qt = quart
- gal = gallon
- (b) = too small for accurate measure; use caution
- (r) = slightly rounded
- (s) = scant

Measuring spoon sizes are:

- 1 Tbsp
- 1 tsp
- ½ tsp
- ¼ tsp
- for ¾ tsp combine ½ tsp + ¼ tsp
- for ⅛ tsp use half of the ¼ tsp

Equivalents include:

- 3 tsp = 1 Tbsp
- 4 Tbsp = ¼ cup
- 5 Tbsp + 1 tsp = ⅓ cup
- 8 Tbsp = ½ cup
- 10 Tbsp + 2 tsp = ⅔ cup
- 12 Tbsp = ¾ cup
- 16 Tbsp = 1 cup
- 4 cups = 1 qt
- 4 qt = 1 gal

TABLE 1.30 Direct-reading table for increasing home-size recipes with ingredient amounts given in volume measurement and divisible by 8 (pp. 64–67)

8	*16*	*24*	*32*
(b)	(b)	⅛ tsp	⅛ tsp (r)
(b)	⅛ tsp (r)	¼ tsp	¼ tsp(r)
¼ tsp (s)	¼ tsp (r)	½ tsp	¾ tsp (s)
¼ tsp	½ tsp	¾ tsp	1 tsp
¼ tsp (r)	¾ tsp(r)	1 tsp	1¼ tsp(r)
½ tsp (s)	¾ tsp (r)	1¼ tsp	1¾ tsp (s)
½ tsp	1 tsp	1½ tsp	2 tsp
½ tsp (r)	1¼ tsp (s)	1¾ tsp	2¼ tsp (r)
¾ tsp (s)	1¼ tsp (r)	2 tsp	2¾ tsp (r)
¾ tsp	1½ tsp	2¼ tsp	1 Tbsp
¾ tsp (r)	1¾ tsp (s)	2½ tsp	1 Tbsp + ¼ tsp (r)
1 tsp (s)	1¾ tsp (r)	2¾ tsp	1 Tbsp + ¾ tsp (s)
1 tsp	2 tsp	1 Tbsp	1 Tbsp + 1 tsp
1½ tsp	1 Tbsp	1½ Tbsp	2 Tbsp
2 tsp	1 Tbsp + 1 tsp	2 Tbsp	2 Tbsp + 2 tsp
2½ tsp	1 Tbsp + 2 tsp	2½ Tbsp	3 Tbsp + 1 tsp
1 Tbsp	2 Tbsp	3 Tbsp	¼ cup
1 Tbsp + ½ tsp	2 Tbsp + 1 tsp	3½ Tbsp	¼ cup + 2 tsp
1 Tbsp + 1 tsp	2 Tbsp + 2 tsp	¼ cup	⅓ cup
1 Tbsp + 2¼ tsp	3 Tbsp + 2¾ tsp	⅓ cup	¼ cup + 3 Tbsp
2 Tbsp + 2 tsp	⅓ cup	½ cup	⅔ cup
3 Tbsp + 1¾ tsp	⅓ cup + 5 tsp	⅔ cup	¾ cup + 2 Tbsp
¼ cup	½ cup	¾ cup	1 cup
⅓ cup	⅔ cup	1 cup	1⅓ cups
⅓ cup + 4 tsp	¾ cup + 4 tsp	1¼ cups	1⅔ cups
⅓ cup + 5¼ tsp	⅔ cup + 3½ Tbsp	1⅓ cups	1¾ cups + 1¼ tsp
½ cup	1 cup	1½ cups	2 cups
½ cup + 2¼ tsp	1 cup + 5¼ tsp	1⅔ cups	2 cups + 3½ Tbsp
½ cup + 4 tsp	1 cup + 3 Tbsp	1¾ cups	2⅓ cups
⅔ cup	1⅓ cups	2 cups	2⅔ cups

TABLE 1.30 *continued*

48	*64*	*96*
¼ tsp	¼ tsp (r)	½ tsp
½ tsp	¾ tsp (s)	1 tsp
1 tsp	1¼ tsp (r)	2 tsp
1½ tsp	2 tsp	1 Tbsp
2 tsp	2¾ tsp (s)	1 Tbsp + 1 tsp
2½ tsp	1 Tbsp + ¼ tsp	1 Tbsp + 2 tsp
1 Tbsp	1 Tbsp + 1 tsp	2 Tbsp
1 Tbsp + ½ tsp	1 Tbsp + 1¾ tsp	2 Tbsp + 1 tsp
1 Tbsp + 1 tsp	1 Tbsp + 2¼ tsp	2 Tbsp + 2 tsp
1 Tbsp + 1½ tsp	2 Tbsp	3 Tbsp
1 Tbsp + 2 tsp	2 Tbsp + ¾ tsp	3 Tbsp + 1 tsp
1 Tbsp + 2½ tsp	2 Tbsp + 1¼ tsp	3 Tbsp + 2 tsp
2 Tbsp	2 Tbsp + 2 tsp	¼ cup
3 Tbsp	¼ cup	⅓ cup + 2 tsp
¼ cup	⅓ cup	½ cup
¼ cup + 1 Tbsp	⅓ cup + 4 tsp	½ cup + 2 Tbsp
⅓ cup + 2 tsp	½ cup	¾ cup
¼ cup + 3 Tbsp	½ cup + 4 tsp	¾ cup + 2 Tbsp
½ cup	⅔ cup	1 cup
⅔ cup	¾ cup + 2 Tbsp	1⅓ cups
1 cup	1⅓ cups	2 cups
1⅓ cups	1¾ cups	2⅔ cups
1½ cups	2 cups	3 cups
2 cups	2⅔ cups	1 qt
2½ cups	3⅓ cups	1¼ qt
2⅔ cups	3½ cups + 2½ tsp	1¼ qt + ⅓ cup
3 cups	1 qt	1½ qt
3⅓ cups	4¼ cups + 3 Tbsp	1½ qt + ⅔ cup
3½ cups	1 qt + ⅔ cups	1¾ qt
1 qt	1¼ qt + ⅓ cup	2 qt

continues

TABLE 1.30 *continued*

8	*16*	*24*	*32*
¾ cup	1½ cups	2¼ cups	3 cups
¾ cup + 1¼ tsp	1½ cups + 2¾ tsp	2⅓ cups	3 cups + 2 Tbsp
¾ cup + 4 tsp	1⅔ cups	2½ cups	3⅓ cups
⅔ cup + 3½ Tbsp	1¾ cups + 1¼ tsp	2⅔ cups	3½ cups + 1 Tbsp
⅔ cup + ¼ cup	1¾ cups + 4 tsp	2¾ cups	3⅔ cups
1 cup	2 cups	3 cups	1 qt
1 cup + 4 tsp	2 cups + 2½ Tbsp	3¼ cups	1 qt + ⅓ cup
1 cup + 5¼ tsp	2 cups + 3½ Tbsp	3⅓ cups	4¼ cups + 3 Tbsp
1 cup + 2 Tbsp + 2 tsp	2¼ cups + 4 tsp	3½ cups	1 qt + ⅔ cup
1 cup + 3½ Tbsp	2¼ cups + 3 Tbsp	3⅔ cups	4¾ cups + 2 Tbsp
1¼ cups	2½ cups	3¾ cups	1¼ qt
1⅓ cups	2⅔ cups	1 qt	1¼ qt + ⅓ cup
1⅔ cups	3⅓ cups	1¼ qt	1½ qt + ⅔ cup
2 cups	1 qt	1½ qt	2 qt
2⅓ cups	1 qt + ⅔ cup	1¾ qt	2¼ qt + ⅓ cup
2⅔ cups	1¼ qt + ⅓ cup	2 qt	2½ qt + ⅔ cup
3 cups	1½ qt	2¼ qt	3 qt
3⅓ cups	1½ qt + ⅔ cup	2½ qt	3¼ qt + ⅓ cup
3⅔ cups	1¾ qt + ⅓ cup	2¾ qt	3½ qt + ⅔ cup
1 qt	2 qt	3 qt	1 gal
1 qt + ⅓ cup	2 qt + ⅔ cup	3¼ qt	1 gal + 1⅓ cups
1 qt + ⅔ cup	2¼ qt + ⅓ cup	3½ qt	1 gal + 2⅔ cup
1¼ qt	2½ qt	3¾ qt	1¼ gal
1¼ qt + ⅓ cup	2½ qt + ⅔ cup	1 gal	1¼ gal + 1⅓ cups
1½ qt + ⅔ cup	3¼ qt + ⅓ cup	1¼ gal	1½ gal + 2⅔ cups
2 qt	1 gal	1½ gal	2 gal

TABLE 1.30 *continued*

48	*64*	*96*
1 qt + ½ cup	1½ qt	2¼ qt
1 qt + ⅔ cup	1½ qt + ¼ cup	2¼ qt + ⅓ cup
1¼ qt	1½ qt + ⅔ cup	2½ qt
1¼ qt + ⅓ cup	1¾ qt + 2 Tbsp	2½ qt + ⅔ cup
1¼ qt + ½ cup	1¾ qt + ⅓ cup	2¾ qt
1½ qt	2 qt	3 qt
1½ qt + ½ cup	2 qt + ⅔ cup	3¼ qt
1½ qt + ⅔ cup	2 qt + ¾ cup + 2 Tbsp	3¼ qt + ⅓ cup
1¾ qt	2¼ qt + ⅓ cup	3½ qt
1¾ qt + ⅓ cup	2¼ qt + ¾ cup	3 qt +2⅔ cups
1¾ qt + ½ cup	2½ qt	3 qt + 3 cups
2 qt	2¾ qt + ⅓ cup	1 gal
2½ qt	3¼ qt + ⅓ cup	1¼ gal
3 qt	1 gal	1½ gal
3½ qt	1 gal + 2⅔ cups	1¾ gal
1 gal	1¼ gal + 1⅓ cups	2 gal
1 gal + 2 cups	1½ gal	2¼ gal
1¼ gal	1½ gal + 2⅔ cups	2½ gal
1¼ gal + 2 cups	1¾ gal + 1⅓ cups	2¾ gal
1½ gal	2 gal	3 gal
1½ gal + 2 cups	2 gal + 2⅔ cups	3¼ gal
1¾ gal	2¼ gal + 1⅓ cups	3½ gal
1¾ gal + 2 cups	2½ gal	3¾ gal
2 gal	2½ gal + 2⅔ cups	4 gal
2½ gal	3¼ gal + 1⅓ cups	5 gal
3 gal	4 gal	6 gal

PART II

Recipes

Chapter 2	*Appetizers, Hors d'oeuvres, and Special Event Foods*	73
Chapter 3	*Beverages*	87
Chapter 4	*Breads*	105
Chapter 5	*Desserts*	155
Chapter 6	*Eggs and Cheese*	267
Chapter 7	*Fish and Shellfish*	287
Chapter 8	*Meat*	311
Chapter 9	*Pasta, Rice, Cereals, and Foods with Grains, Beans, and Tofu*	361
Chapter 10	*Poultry*	433
Chapter 11	*Salads and Salad Dressings*	463
Chapter 12	*Sandwiches*	531
Chapter 13	*Sauces, Marinades, Rubs, and Seasonings*	559
Chapter 14	*Soups*	597
Chapter 15	*Vegetables*	629

RECIPE INFORMATION

Yield

The recipes in this book produce servings for 50 people unless otherwise stated. Factors that may affect yield include portioning, ingredient weighing error, mistakes in calculating increased or decreased quantities, abnormal handling loss, and variation in the edible portion (EP) and as purchased (AP) factors for food products such as fresh produce and meats.

A standard counter pan 12 × 20 inches has been indicated for many recipes. For baked desserts and some bread products, either a 12 × 18-inch or 18 × 26-inch pan is specified, as they are standard bakeware sizes. Weight of product per pan may need to be changed if pans other than those specified in the recipe are used. Care should be taken to scale products so that portion weight will be accurate and recipe yield remains correct. Tables 1.21 and 1.22 give capacities of baking and counter pans.

The number of servings per pan will depend on the portion size desired. Many standard-sized baking or counter pans will yield from 24 to 32 servings per pan, and where these size pans are indicated, the recipes generally are calculated for 48 or 64 servings. Yield adjustments may be made by cutting the servings into sizes that will yield the desired number of portions. Portion size is included in each recipe, and the yield is given in number of portions, volume produced, and/or number of pans. Some foodservices may wish to adjust the yield based on the clientele to be served.

Ingredients

In most cases, the type of ingredient used in testing the recipes has been specified, for example, granulated, brown, or powdered sugar; and all-purpose or cake flour. High-ratio and/or hydrogenated shortenings were used in cake and pastry recipes; margarine or butter in cookies, some quick breads, and most sauce recipes. Solid fats such as margarine, butter, and hydrogenated fats were used interchangeably in recipes that specify "shortening." Corn, soybean, or cottonseed oil was used in recipes that specify salad or vegetable oil. Sodium aluminum sulfate–type baking powder (double acting) and active dry yeast were used for leavening.

Fresh eggs, large size, weighing approximately 2 ounces unshelled (1¾ oz shelled) were used in the preparation of the recipes. Eggs are specified by both number and weight. In many foodservices, frozen eggs are used, in which case the eggs are weighed or measured. If the eggs are to be measured, the number and weight may easily be converted to volume by referring to Table 1.3.

Nonfat dry milk is indicated in some recipes, but in those specifying fluid milk, dry milk may be substituted. Table 1.24 gives a formula for conversion. In most cases, it is not necessary to rehydrate the dry milk, since it is mixed with other dry ingredients, and water is added in place of the fluid milk. The amount of fat in the recipe may need to be increased slightly.

Nutritional values are identified for most *Food for Fifty* recipes. Unless stated otherwise, values are for the portion listed at the top of each recipe. Percent Daily Values (%DV) are based on a 2000 calorie diet. Individuals' daily values may be higher or lower depending on calorie need. FDA guidelines for Recommended Daily Intakes (RDIs) and the Daily Reference Values (DRVs) follow.

Recommended Daily Intakes (RDIs)

Vitamin A	5000 IU
Vitamin C	60 mg
Thiamin	1.5 mg
Riboflavin	1.7 mg
Niacin	20 mg
Calcium	1 g
Iron	18 mg
Vitamin D	400 IU
Vitamin E	30 IU
Vitamin B	2 mg
Folic acid	0.4 mg
Vitamin B12	6 microg
Phosphorous	1 g
Iodine	150 microg
Magnesium	400 mg
Zinc	15 mg
Copper	2 mg
Biotin	0.3 mg
Panthothenic acid	10 mg

Daily Reference Values (DRVs) based on a 2000 calorie diet

Fat	65 g
Saturated Fat	20 g
Cholesterol	300 mg
Total Carbohydrates	300 g
Fiber	25 g
Potassium	3500 mg
Protein	50 g
Sodium	2400 mg

Nutrient values for *Food for Fifty* recipes are approximate and are intended to be used as general guidelines. Values identified for recipes may vary from actual values if substitute ingredients are used. Differences may occur also if ingredient amounts are adjusted, portion sizes are altered, or production procedures are changed.

Weights and Measures

Quantities of dry ingredients weighing more than 1 ounce are given by weight in ounces (oz) and pounds (lb). Weights are for foods as purchased (AP) unless otherwise stated. Liquid ingredients are indicated by measure: teaspoons (tsp), tablespoons (Tbsp), cups (cups), quarts (qt), and gallons (gal).

Accurate weighing and measuring of ingredients are essential for a satisfactory product. Weighing is more accurate than measuring and is recommended whenever possible, but reliable scales are essential. A table model scale with a 15- to 20-pound capacity and ¼- to ½-ounce graduations (or an electronic digital readout scale with a 15- to 20-pound capacity) is suitable for weighing ingredients for 50 portions.

Standard measuring equipment should be used to ensure accuracy, and measurements should be level. Use the largest appropriate measure to reduce the possibility of error and to save time. For example, use a one-gallon measure once instead of a one-quart measure four times. Flour is the exception: Use measure no larger than one quart for flour.

Cooking Time and Temperature

The cooking time given in each recipe is based on the size of pan and the amount of food in the pan. If a smaller or larger pan is used, an adjustment in cooking time may be necessary. The number of pans placed in the oven at one time also may affect the length of baking time; the larger the number of pans or the colder a product, the longer the cooking time. In convection ovens, the temperature as specified for a conventional oven should be reduced by 25°–50°F and the total bake/roast time by 10 to 15 percent.

Critical Control Points

Monitoring cooking time and food temperature are important steps in the food production process because of their relationship to food contamination and foodborne illness. Time and temperatures are designated as critical control points (CCPs) in all Hazard Analysis Critical Control Point (HACCP) plans. Recipes in this book provide production, service, and storage procedures which can prevent or reduce food safety hazards of potentially hazardous foods. Standards for reducing food safety hazards may be found in Tables 1.18 and 1.19 (p. 45–46). Safe temperatures for cooked foods are shown in Table 1.15 (p. 42). Cooling procedures for hot foods are shown in Table 1.17 (p. 44). Examples of potentially hazardous foods can be found on p. 733. Recipes that contain potentially hazardous foods are identified in the recipe notes.

Abbreviations Used in Recipes

AP	as purchased
EP	edible portion
°F	degrees Fahrenheit
fl oz	fluid ounce
gal	gallon
g	gram
lb	pound
mg	milligram
oz	ounce
psi	pounds per square inch
pt	pint
qt	quart
tsp	teaspoon
Tbsp	tablespoon

Basic Recipes

Food for Fifty recipes are written to provide step-by-step guidelines for producing standard quality products. Many recipes printed in trade and popular magazines can be produced by adapting recipes in *Food for Fifty*, rather than standardizing new recipes. Adapting a *Food for Fifty* recipe may include only changing spices or adding a sauce. Creative presentations may be gleaned from trendy cookbooks and publications and with some modifications applied to the basic recipes in *Food for Fifty*.

CHAPTER 2

Appetizers, Hors d'oeuvres, and Special Event Foods

Appetizers are foods served as a hot or cold first course before a meal and should complement the menu items that follow without duplicating flavors. Seafood cocktail (crab, lobster, oyster, shrimp), chunked fresh fruit cocktail, or soup is often served for an appetizer. *Hors d'oeuvres* may be served before a meal or may be the only food provided. They should be small (one or two bites), flavorful, and attractive. The style of service—whether buffet, served, or a combination of the two—will depend on the event and the expectations of the client or guest. Hors d'oeuvres and appetizers are similar and the terms are often used interchangeably.

Cold hors d'oeuvres may be canapés, crudités, or dips. *Canapés* are tiny sandwiches made by spreading a well-seasoned mixture on a bread or vegetable base. Canapé bases include toasted or untoasted bread slices cut into various shapes, crackers, quick breads, melba toast, tiny biscuits, puff pastry rounds, and small shells made from pastry or savory dough. Vegetable bases may be slices of cucumber, summer squash, or other vegetables that will support the weight of the spread. Spreads are the primary flavor ingredient. Flavorful spreads include mixtures made from flavored butters or cream cheese. A salad mixture made from eggs, fish, cheese, or meat is often used for a canapé spread. All canapés should be artfully garnished. Some canapés are made by holding an attractive garnish in place with a small amount of spread. Making canapés close to serving time will help keep the bases from becoming soggy. *Crudités* are raw or slightly blanched vegetables (p. 467), cut into attractive shapes and artfully displayed and garnished. They are usually served with one or more dips. Presentation is important. Broad flat dishes, baskets, silver trays, and shallow decorative pans may be used for the container. Vegetables are arranged with consideration for shape, color, balance, and overall decorative appeal. *Dips* are accompaniments to chips, crackers, fruits, toasts, or vegetables. They should complement the foods being served with them. Dips may be served in attractive serving bowls or hollowed out vegetables, such as cabbages or squash. Hot dips are often served in chafing pans.

Hot hors d'oeuvres are especially good for late afternoon or evening events when a full meal is not served. Filled pastry or savory dough shells, skewered pieces of meat or vegetables, and chicken wings or small meatballs are popular hot hors d'oeuvres. Hot and cold hors d'oeuvres are usually served at the same event.

Table 2.1 is a general guideline for quantities of appetizers or hors d'oeuvres needed to serve 50 people. Table 2.2 suggests the number of appetizers or hors d'oeuvres needed per person during a reception or pre-dinner cocktail hour. Entree and vegetable tray guidelines may be found in Table 2.3. The characteristics of the group being served, time of day, type and duration of event, and number of different items offered may require increasing or decreasing the amount of food recommended. Historical data from similar events will be useful in planning food quantities. Table 2.4 suggests names for hors d'oeuvres and appetizers.

TABLE 2.1 Suggestions for appetizers

Food item	*Guide to serving quantities for 50*
BEVERAGES	
Punch	2–2½ gal, recipes pp. 92–102
Wine	See Tables 17.1 and 17.2, pp. 714–716
CANAPÉ SPREADS AND FILLINGS	
Chicken salad spread	Recipe p. 536, prepare ¼ recipe
Ham salad spread	Recipe p. 536, prepare ¼ recipe
Tuna salad spread	Recipe p. 537, prepare ¼ recipe
Miniature puffs	Recipe p. 257, prepare ½ recipe
COCKTAILS	
Broiled grapefruit	25 fruit
Fruit cup	10 lb
Melon balls or cubes	10 lb
Punch	2 gal, recipes pp. 92–102
Shrimp cocktail	Recipe for sauce p. 575
DIPS	
Artichoke, hot	Recipe p. 77
Artichoke and crab, hot	Recipe p. 77
Basic, and variations	Recipe p. 78
Garden dressing (dip)	Recipe p. 518
Guacamole	Recipe p. 78, 80
Layered Mexican	Recipe p. 79
Nacho	Recipe p. 80
Salsa	Recipe p. 568
Summer fruit	Recipe p. 79
Vegetable	Recipe p. 529
Yogurt	Recipes p. 528
HORS D'OEUVRES	
Apple and cheese wedges	1½ lb cheese, 8 apples, cut in wedges
Carrot curls	3–4 lb
Celery sticks	3–4 lb
Cheese ball, party, with crackers	Recipe p. 81; 125–150 crackers
Cheese balls, hot	Recipe p. 282, prepare ½ recipe, use No. 40 dipper
Cheese cubes	5 lb
Cheese olive puffs	Recipe p. 82
Cherry tomatoes	2 lb
Chicken wings	Recipe p. 83
Chips	5 lb
Cocktail sausages	3–5 lb
Crudités	12–15 lb assorted vegetables pp. 76
Deviled eggs	Recipe p. 281, prepare ½ recipe
Fruit chunks	8 lb
Marinated mushrooms	Recipe p. 480
Meatballs in barbecue sauce	Recipe p. 333, prepare ⅓ recipe, use No. 70 dipper
Mixed nuts	1–1½ lb
Party mix	3 lb
Pinwheels	Recipe p. 85
Quesadillas	Recipe p. 550
Sausage balls	100, recipe p. 82
Shrimp	Recipe p. 84
Caribbean shrimp	Recipe p. 306
Vegetable relishes	See p. 76 for ideas
Whole shrimp, with cocktail sauce	3–5 lb shrimp, recipe for sauce p. 575, prepare ½ recipe

TABLE 2.1 *continued*

Food item	*Guide to serving quantities for 50*
SOUPS	
Bouillon	Recipe p. 600, prepare ½ recipe for 4-oz portion
French onion	Recipe p. 615, prepare ½ recipe for 4-oz portion
Gazpacho	Recipe p. 626
Vichyssoise	Recipe p. 627, prepare ½ recipe for 4-oz portion
OTHER FINGER FOODS	
Cheese ball and crackers	4 lb cheese, 40 oz crackers
Cheese block and crackers	4 lb cheese, 40 oz crackers
Fresh fruit platter	8–10 lb fruit
Fresh vegetables and dip	8–10 lb vegetables, 1 qt dip
Nut bread tea sandwiches	50–75 sandwiches
Tea sandwiches	40–60 tuna, ham, or chicken salad sandwiches
Petite rolls and cold cuts	40–60 petite rolls served with 5 lb of assorted cold cuts and 2–3 lb of cheese slices

Notes

- The quantity of appetizers needed for 50 portions will depend on the group being served, the type of function, and the number of different items offered. If food items are served in combination with other foods, adjust the amounts to yield the approximate total weight or total number recommended. Example: Carrot curls, in combination with celery sticks, require a total weight of 3–4 lb.
- Preparing appetizers for an attractive buffet requires careful planning. Choosing foods that need last-minute preparation, along with those that can be produced in advance, is suggested. Following are useful guidelines for production planning:

  Canapés, spreads, and fillings: Highly perishable fillings should be made shortly before serving.
  Cocktails: Prepare fruit a day in advance. Cook and chill shrimp a day in advance. Make and chill beverages 1 to 3 days in advance. *Dips:* Prepare and chill 1 to 3 days in advance. Store in glass or other inert-material container.
  Hors d'oeuvres: Prepare vegetable relishes a day in advance; store in cold water. To freshen, cover with ice for 30 minutes before serving. Marinate vegetables a day in advance. Prepare cheese balls 1 to 5 days in advance; cover tightly. Cut cheese cubes no more than a day in advance; cover tightly.
  Soups: Prepare cold soups 1 to 2 days in advance, hot soups soon before serving.

TABLE 2.2 Number of hors d'oeuvres and appetizers to prepare per person

	½ Hour		*1 Hour*		*2–3 Hours*	
	Hot	*Cold*	*Hot*	*Cold*	*Hot*	*Cold*
Men only	6	4	8	6	10	8
Women only	3	2	5	4	6	5

Notes

- When serving shrimp, prepare five pieces per ½ hour per person for cold shrimp and four pieces per ½ hour per person for hot shrimp.
- If a dinner will follow, reduce by one-third the amount of appetizers suggested.

TABLE 2.3 Entree party trays

Meat and cheese trays (approximate amount to serve 50)

Meat (shaved or thinly sliced)	*Cheese (thinly sliced)*	*Bread (thinly sliced bread or buns)*	*Spreads/other*
Choose 10 lb (total):	Choose 3 lb (total):	Choose 125 small slices or 75 buns:	Use suggested amount:
Cold cuts	American	Small buns	Margarine or butter, softened, 1 lb
Corned beef	Cheddar	Sliced bread	Mayonnaise or salad dressing, 1½ cups
Roast beef	Edam	Pumpernickel	Prepared mustard, 1 cup
Ham	Gouda	Rye	Horseradish, 1 cup
Pastrami	Monterey Jack	White	Leaf lettuce, 3 lb
Turkey	Muenster	Whole wheat	Alfalfa sprouts, 1 lb
	Provolone		Tomatoes, sliced, 7 lb
	Swiss		Onions, sliced, 2 lb
	See p.269 for additional cheeses		

Vegetable trays and dips (approximate amount to serve 50; see Notes)

Vegetables	*Relishes*	*Dips*
Choose 5 lb (total):	Choose 3 lb (total):	Choose 1–1½ qt (total):
Asparagus spears	Black or green olives	Hot artichoke
Broccoli florets	Dill spears	Blue cheese
Baby carrots	Pickled beets	Creamy herb
Carrot sticks or slices	Pickled eggs	Creamy onion
Cauliflower florets	Pickled vegetables	Dill
Celery sticks	Sweet pickles	Garden (prepare ½ recipe)
Cherry tomatoes	Garnishes (p. 723)	Italian
Cucumber spears or circles	Chives	Picante
Green beans	Flowers	Seafood
Green onions	Herbs	Summer fruit
Jicama	Scallions	Yogurt
Kohlrabi		
Mushrooms		
Pea pods		
Radish roses		
Red, green, or yellow bell peppers		
Zucchini spears		

Notes

- Meat and cheese may be rolled, folded, or stacked and garnished with leaf lettuce, parsley, and colorful vegetables. Vegetables look appealing when cut in creative shapes and garnished with crisp greens.
- Arranging food neatly so the tray will remain attractive is important. Including larger quantities of more-popular items will make food trays appear well supplied throughout the serving period. Color and flavor combinations also should be considerations for determining placement of food items.
- Crudité trays may require two or three times the amount of vegetables for an attractive display to be arranged and garnished.
- Blanching asparagus, broccoli, cauliflower, and green beans heightens their flavor and appearance (p. 467).

TABLE 2.4 Name suggestions for hors d'oeuvres and appetizers

Cheese

Assorted domestic cheese and crackers
Assorted imported cheese and crackers
Cheese ball with crackers
Cheese block and crackers
Nacho dip and tortilla chips

Fruit

Fresh fruit platter
Fresh fruit platter with domestic or imported cheese
Fresh berries and dip
Carved melon basket with summer fruits
Imported cheese and fruit tray with sweet crackers and hot fudge dip
Fresh seasonal melon

Seafood

Shrimp peel with cocktail sauce
Iced peeled shrimp
Hot spiced shrimp peel
Smoked salmon with lavosh cracker bread
Whole poached salmon

Vegetables

Assorted fresh vegetables and dip
Fresh raw vegetable tray with dip
Open-faced vegetable canapés
Belgian endive with herbed cheese

Meat/Poultry

Chicken tenders with sauce
Prosciutto-wrapped melon
Sliced meat and cheese tray
Roast tenderloin of beef and cocktail rolls
Mini puffs with white chicken salad
Assorted decorated canapés
Stuffed pita pockets

Note • *Food for Fifty* recipes will provide guidelines for making hors d'oeuvres and appetizer suggestions.

APPETIZER RECIPES

HOT ARTICHOKE DIP

Yield: 50 portions *Portion:* 1½ oz
Oven: 350°F *Bake:* 20–25 minutes

Ingredient	*Amount*	*Procedure*
Artichoke hearts, canned	2 lb 10 oz	Drain and chop artichoke hearts.
Garlic clove, mashed	3 cloves	Stir remaining ingredients into artichoke hearts.
Mayonnaise	2 cups	
Worcestershire sauce	1½ tsp	
Parmesan cheese, grated	3 cups	
Pepper, white	¼ tsp	
		Pour into 2 one-quart ovenproof bowls or pans. Bake at 350°F until mixture reaches 165°F (20–25 minutes). Serve warm (above 140°F) with chips or crackers.

Approximate nutritive values per portion **Calories** 92

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	11%	**Cholest.** 4 mg	1%	**Total Carb.** 5 g	2%	**Vitamin A**	1%	**Calcium**	1%
Sat. Fat 1 g	4%	**Sodium** 148 mg	6%	Fiber 1 g	5%	**Vitamin C**	4%	**Iron**	2%
Protein 2 g				Sugars 0.3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

Variation • **Hot Crab and Artichoke Dip.** Add 1 lb chopped crabmeat before baking.

BASIC DIP

Yield: 50 portions

Ingredient	*Amount*	*Procedure*
Cream cheese	8 oz	Mix cream cheese until softened, using flat beater.
Sour cream	1 lb 8 oz	Add sour cream. Mix until smooth. Add ingredients for variations from following chart. Mix until evenly distributed. Chill quickly (within 4 hours) to below 41°F.

Note

- Dip may be thinned by adding a small quantity of buttermilk or milk.

BASIC DIP VARIATIONS

Variation	*Ingredients added to basic dip*	*Serve with*
Avocado (guacamole) (see Notes)	(Delete cream cheese; reduce sour cream to 8 oz) 1 lb 8 oz avocado pulp 1 Tbsp lemon juice 3 oz onion, finely chopped 2 Tbsp fresh cilantro, finely chopped ¼ tsp garlic powder 8 oz fresh tomatoes, diced	Tortilla chips Nacho chips
Blue Cheese	8 oz blue cheese, crumbled 1½ tsp lemon juice 1 Tbsp onion, finely chopped ½ cup buttermilk or milk	Crackers Fresh vegetables Chips
Creamy Herb	¼ cup fresh onion, finely chopped ¼ cup snipped fresh parsley ¼ cup chives, chopped 1 Tbsp Worcestershire sauce ¼ tsp garlic powder	Fresh vegetables
Creamy Onion	2 oz dry onion soup mix ½ oz snipped fresh parsley or chives	Chips
Dill	1½ Tbsp chopped onion 1 Tbsp dill weed 1½ tsp Beau Monde seasoning	Fresh vegetables
Italian	1½ oz dry Italian salad dressing mix ½ oz snipped fresh parsley	Fresh vegetables
Picante	(Delete sour cream; increase cream cheese to 2 lb) 8 oz salsa (see Notes) ¼ cup fresh cilantro, chopped 1 oz stuffed olives, chopped	Tortilla chips Nacho chips Fresh vegetables Spread for canapés
Seafood	8 oz cooked shrimp, clam, or crab, finely chopped 1 oz dry onion soup mix 2 oz chili sauce 1½ Tbsp horseradish	Crackers Toasted party bread

Summer Fruit	(Delete cream cheese) 8 oz brown sugar or honey 1½ tsp vanilla	Fresh fruit
Yogurt, Vegetable	see p. 529	Fresh vegetables
Yogurt, Fruit	see p. 528	Fresh fruit

Notes

- Chunky avocado dip may be made by deleting sour cream and using 2 lb cubed fresh avocados.
- More salsa may be added to Picante for a thinner dip.

LAYERED MEXICAN DIP

Yield: 50 portions or 3 14-inch platters *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Bean dip	4 lb (6 10½-oz cans)	
Avocado pulp	3 lb	Blend. Save for later step.
Lemon juice	6 Tbsp	
Salt	1 tsp	
Pepper, black	1½ tsp	
Sour cream	1 lb 8 oz	Blend. Save for later step.
Mayonnaise	1½ cups	
Taco seasoning	3¾ oz	
Tomatoes, fresh, diced	3 lb	
Green onions, sliced	9 oz	
Ripe olives, sliced	1 lb 4 oz	
Cheddar cheese, shredded	12 oz	

1. Spread 1 lb 5 oz bean dip on each of 3 14-inch round platters.
2. Spread 1 lb avocado mixture over bean dip layer.
3. Spread 12 oz sour cream mixture over avocado layer.
4. Sprinkle remaining ingredients over each platter in the following order: tomatoes, green onions, olives, and cheese. Chill quickly (within 4 hours) to below 41°F.
5. Serve with tortilla or nacho chips.

Approximate nutritive values per portion **Calories** 212

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 18 g	**28%**	**Cholest.** 14 mg	**5%**	**Total Carb.** 8 g	**3%**	**Vitamin A**	**12%**	**Calcium**	**10%**
Sat. Fat 5 g	**24%**	**Sodium** 787 mg	**33%**	Fiber 4 g	**15%**	**Vitamin C**	**13%**	**Iron**	**6%**
Protein 5 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Hold for service below 41°F. Discard partially used platters. Dip may be made a day ahead and kept below 41°F.
- Refried beans (½ recipe, p. 640) may be substituted for purchased bean dip.
- Salsa may be substituted for diced tomatoes, taco seasoning, and mayonnaise. Use 7½ cups salsa (2½ cups on each tray).

GUACAMOLE

Yield: 50 portions *Portion:* 2 oz

Ingredient	*Amount*	*Procedure*
Avocado	12 (6 lb)	Peel, pit, and dice avocados.
Lime juice, freshly squeezed	½ cup	Sprinkle lime juice on avocados. Stir lightly to mix.
Plain yogurt	1 cup	Mix yogurt and spices into avocado until well mixed.
Ground cumin	1 tsp	
Hot pepper sauce	1 tsp	
Salt	½ tsp	
Pepper, ground black	½ tsp	
Plum tomatoes, seeded and diced to ¼ inch	2 lb (EP)	Stir tomatoes, onion, and cilantro into avocado mixture.
Red onion, diced	6 oz (EP)	
Fresh cilantro, chopped	1 oz (EP)	
		Serve with tortilla chips or as a condiment.

Approximate nutritive values per portion **Calories** 100

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**13%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 6g	**2%**	**Vitamin A**	**5%**	**Calcium**	**2%**
Sat. Fat 1 g	**7%**	**Sodium** 38 mg	**2%**	Fiber 3 g	**12%**	**Vitamin C**	**15%**	**Iron**	**4%**
Protein 1.5 g				Sugars 1g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature below 41°F. Do not mix old product with new.

NACHOS

Yield: 50 portions *Portion:* 3½ oz sauce + 1 oz chips

Ingredient	*Amount*	*Procedure*
Shortening	1 oz	Sauté onions in shortening until tender.
Onions, chopped	3 oz	
Green chili peppers, chopped	6 oz	Add chilies and tomatoes to onions. Simmer for 15 minutes.
Tomatoes, diced, canned	1 lb 8 oz	
Chicken Stock (p. 598)	2 qt	Add stock and seasonings. Bring to a boil. Reduce heat to medium.
Cumin, ground	1 Tbsp	
Garlic powder	2 tsp	
Processed cheese, shredded	6 lb 10 oz	Add cheese to hot mixture. Stir until melted.
Cornstarch	3 oz	Combine cornstarch and water to make a smooth paste. Add slowly to cheese mixture, stirring constantly.
Water	½ cup	Cook and stir until mixture thickens. Turn heat to low.

Nacho chips	4 lb	Place 12 nacho chips on dinner plate.
Jalapeño peppers, sliced	8 oz	Using a 4-oz ladle, pour 3½ oz of sauce over chips. Garnish with sliced jalapeño peppers.

Approximate nutritive values per portion **Calories** 424

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 29 g	**44%**	**Cholest.** 58 mg	**19%**	**Total Carb.** 26 g	**9%**	**Vitamin A**	**24%**	**Calcium**	**42%**
Sat. Fat 14 g	**69%**	**Sodium** 1138 mg	**47%**	Fiber 3 g	**10%**	**Vitamin C**	**18%**	**Iron**	**5%**
Protein 16 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- The sauce may be thinned with chicken broth.
- Canned cheese sauce may be substituted for scratch prepared cheese sauce. Add green chili peppers and diced tomatoes if desired.

Variation

- **Quick Nacho Sauce**. In a steam-jacketed kettle combine 2 oz chopped onion, 4 oz canned green chilies (diced), 1½ cups diced tomatoes, 1 qt water, 2 tsp ground cumin, 2 tsp garlic powder, ½ tsp dried cilantro. Bring to boil, reduce heat and simmer 15–20 min. Stir in 3 lb 12 oz shredded processed cheese. Stir until melted. Return temperature to 150°F.

PARTY CHEESE BALL

Yield: 50 portions *Portion:* 1½ oz

Ingredient	*Amount*	*Procedure*
Cream cheese, softened	1 lb	Mix all ingredients until smooth, using flat beater. Shape into two balls, 2 lb 4 oz each. Chill quickly (within 4 hours) to below 41°F.
Blue cheese, crumbled	1 lb 8 oz	
Sharp cheddar cheese, shredded	2 lb	
Onion, finely minced	3 oz	
Worcestershire sauce	1 tsp	

Approximate nutritive values per portion **Calories** 154

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	**20%**	**Cholest.** 39 mg	**13%**	**Total Carb.** 1 g	**0.3%**	**Vitamin A**	**12%**	**Calcium**	**21%**
Sat. Fat 8 g	**42%**	**Sodium** 331 mg	**14%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**1%**
Protein 8 g				Sugars 0.5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Hold for service below 41°F. Discard partially used cheese balls.
- Ball may be rolled in chopped pecans, snipped fresh parsley, or paprika.
- Cheese mixture may be shaped into a long roll. After chilling, slice and serve on crackers or other canapé base.

SAUSAGE BALLS

Yield: 50 portions *Portion:* 2 balls
Oven: 350°F *Bake:* 20–25 minutes, both steps

Ingredient	*Amount*	*Procedure*
Pork sausage, bulk	2 lb	Form sausage into 100 1-inch balls, using a No. 70 dipper. Place on baking sheet. Bake at 350°F for 15 minutes. Drain on paper towels.
Cheddar cheese, grated	1 lb	Combine cheese, margarine, flour, and seasonings in mixer bowl, using flat beater.
Margarine, softened	8 oz	
Flour, all-purpose	12 oz	
Salt	½ tsp	
Paprika	2 tsp	
		Wrap 2 Tbsp (No. 70 dipper) of dough around each sausage ball. Place on ungreased baking sheet. Bake at 350°F for 8–10 minutes. Serve hot, above 140°F.

Approximate nutritive values per portion **Calories** 145

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**17%**	**Cholest.** 21 mg	**7%**	**Total Carb.** 6 g	**2%**	**Vitamin A**	**4%**	**Calcium**	**7%**
Sat. Fat 4 g	**21%**	**Sodium** 296 mg	**12%**	Fiber 0.2 g	**1%**	**Vitamin C**	**0%**	**Iron**	**3%**
Protein 6 g				Sugars 0.3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Balls may be frozen after wrapping with dough. Bake while still frozen at 400°F for 12–15 minutes.

Variation

- **Cheese Olive Puffs.** Wrap dough around large stuffed green olives. Bake same as for Sausage Balls.

HOT BARBECUED WINGS

Yield: 50 portions *Portion:* 6 wing pieces
Oven: 400°F *Bake:* 20–25 minutes

Ingredient	*Amount*	*Procedure*
Barbecue Sauce (p. 567)	1¼ qt	Mix barbecue sauce and crushed red pepper.
Pepper, red, crushed	1 tsp	
Chicken wings, split, tip removed	20 lb	Pour barbecue sauce over chicken wings and stir to coat evenly. Place chicken wings on a lightly greased rack that is set inside a baking pan. (Wings should not touch.) Bake at 400°F for 10 minutes. Remove from oven and brush with barbecue sauce. Bake another 10–15 minutes until browned and internal temperature is 170°F. Remove from oven and serve. Additional heated barbecue sauce may be poured on wings before service. (Do not use the barbecue sauce that was used to sauce the raw wings.)

Approximate nutritive values per portion **Calories** 384

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 15 g	**23%**	**Cholest.** 156 mg	**52%**	**Total Carb.** 3 g	**1%**	**Vitamin A**	**5%**	**Calcium**	**2%**
Sat. Fat 4 g	**20%**	**Sodium** 316 mg	**13%**	Fiber 0.2 g	**1%**	**Vitamin C**	**3%**	**Iron**	**12%**
Protein 55 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.
- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variations

- **Cajun Wings.** Seasoned chicken wings with Cajun Seasoning (p. 592). Serve with a Blue Cheese or Barbecue Sauce (p. 567) or bottled hot pepper sauces.
- **Sweet and Sour Wings.** Substitute Sweet and Sour Sauce (p. 577) for Barbecue Sauce.

SHRIMP PEEL

Yield: 50 portions *Portion:* 2 oz

Ingredient	*Amount*	*Procedure*
Water	3¾ qt	Bring water, lemon juice, lemons, and seasonings to a rolling boil in steam-jacketed or large kettle.
Lemon juice	½ cup	
Lemons, quartered	2 lemons	
Allspice, whole	1 Tbsp	
Bay leaves	8 leaves	
Pepper, cayenne	2 tsp	
Cloves, whole	1 Tbsp	
Coriander, ground	1 tsp	
Dill weed	2 tsp	
Mustard seed	2 tsp	
Parsley, dried	3 Tbsp	
Salt	1 Tbsp	
Shrimp, thawed (medium to medium large)	7 lb	Add shrimp and bring to a full rolling boil. Cook only until shrimp turn pink, approximately 3 minutes. Remove from heat and drain immediately. Chill quickly (4 hours or less) to below 41°F. (See p. 44 for cooling procedures.) To serve, arrange shrimp on top of shaved ice. Serve with Cocktail Sauce on p. 575. Garnish with lemon wedges and fresh herbs.

Approximate nutritive values per portion **Calories** 71

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	**2%**	**Cholest.** 96 mg	**32%**	**Total Carb.** 1 g	**1%**	**Vitamin A**	**3%**	**Calcium**	**4%**
Sat. Fat 0 g	**0%**	**Sodium** 225 mg	**9%**	Fiber 0 g	**0%**	**Vitamin C**	**6%**	**Iron**	**9%**
Protein 13 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature below 41°F.
- Frozen unthawed shrimp may be used. Stir after adding to boiling water.
- Shrimp may be served hot.
- A commercial shrimp boil may be substituted for spices.

TOMATO, BASIL, AND CHEESE PINWHEELS

Yield: 50 portions *Portion:* 2 pinwheels

Ingredient	*Amount*	*Procedure*
Cream cheese	3 lb	Soften cream cheese to room temperature. Place in mixer bowl.
Parsley, minced	4 oz	Add fresh herbs, garlic, tomatoes, pimento, and black olives to softened cream cheese. Mix until well blended.
Basil, minced	2 oz	
Thyme, minced	½ oz	
Rosemary, finely minced	½ oz	
Garlic, minced	1 Tbsp	
Rehydrated dried tomatoes, minced	6 oz	
Pimento, diced (well drained)	4 oz	
Black olives, coarsely chopped or thinly sliced (well drained)	4 oz	
Flour tortillas, 12 inch	10	Place tortillas on work surface. Smooth 6 oz cream cheese mixture over tortillas. Roll very tightly (as for a jelly roll) to create a pinwheel effect. Cover and refrigerate until well chilled, 4–6 hours.
		Cut off ends of tortilla roll and discard. Portion remaining roll into 10 slices per roll.

Approximate nutritive values per portion **Calories** 150

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**17%**	**Cholest.** 30 mg	**10%**	**Total Carb.** 10 g	**3%**	**Vitamin A**	**13%**	**Calcium**	**5%**
Sat. Fat 6 g	**31%**	**Sodium** 208 mg	**9%**	Fiber 1 g	**4%**	**Vitamin C**	**11%**	**Iron**	**7%**
Protein 3.6 g				Sugars .5g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature below 41°F.

FOCACCIA WITH HERB CHEESE SPREAD

Yield: 4 Focaccia rounds with spread

Ingredient	*Amount*	*Procedure*
Focaccia	Recipe p. 142	Prepare Focaccia.
Nonfat cream cheese, softened	2 cups	Combine cream cheese, sour cream, and mayonnaise in a mixer bowl. Beat on low speed until smooth.
Low-fat sour cream	1½ cups	
Low-fat mayonnaise	¼ cup	
Parmesan cheese, freshly grated	3 oz	Add cheese, herbs, and pepper. Mix until just combined.
Basil, fresh, chopped	⅓ cup	
Chives, fresh, minced	⅓ cup	
Garlic, minced	½ tsp	
Pepper, black	½ tsp	
		Spread 6–8 oz of spread on top of Focaccia rounds and broil 6 inches from heat until spread melts (1–2 minutes). Cut into narrow strips or wedges. Serve warm.

Approximate nutritive values per loaf **Calories** 2158

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 100 g	**154%**	**Cholest.** 50 mg	**17%**	**Total Carb.** 242 g	**81%**	**Vitamin A**	**70%**	**Calcium**	**88%**
Sat. Fat 12 g	**59%**	**Sodium** 2759 mg	**115%**	Fiber 9 g	**35%**	**Vitamin C**	**4%**	**Iron**	**74%**
Protein 61 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Serve within 2 hours after heating cheese topping. If not used within 2 hours, refrigerate at below 41°F, or discard.
- Serve as an appetizer or as an accompaniment to soup or salad.

CHAPTER 3

Beverages

COFFEE

The type of coffee-making equipment used in a foodservice determines the method of preparation and the grind of coffee. Urns or modular brewers are used when large quantities of coffee are required, as on a rapidly moving cafeteria line or for a large catered function. Where the service is spread over a longer period, coffee may be prepared in small batches in a drip coffee maker, or for single servings in an espresso machine.

The equipment selected should make a clear, rich brew, hold the coffee at a consistent temperature, and provide the quantity needed at an appropriate speed with minimal labor. Regardless of the method used, certain guidelines should be observed:

1. Select a blend of coffee that is appropriate to the clientele and type of event. High-altitude beans from Central and South America produce lively, light-bodied coffee with high concentrations of natural acids. Coffees made from Central or South American beans pair well with cheeses, vegetables, and hot and spicy foods, and are good for breakfast service. Beans grown in Africa are robust, with fewer natural acids. They are good served with desserts, full-flavored foods, chocolates, rich desserts, and as an after-dinner coffee. Pacific beans feature moderate acidity and rich, mellow overtones. Pacific beans are good served with Asian foods, rich, creamy foods, or breakfast.

   Light/pale and medium/city roast are all-purpose roasts. French/dark and Italian/espresso roasts are especially suited for after-dinner coffee and with desserts and chocolate. The roast style should suit the kind of bean being used.

2. Select a grind that is designed for the brewing equipment. Fine or vacuum grind is suitable for equipment that brews in 1–4 minutes (espresso machines), medium grind for drip makers that brew in 4–6 minutes, and coarse grind for urns that brew in 6–8 minutes.
3. Use fresh coffee. Coffee loses its strength and flavor rapidly after it is ground and exposed to air. Large amounts should not be stored. To maintain good coffee flavor, store ground coffee or whole beans in an airtight container at cool room temperature. To keep coffee for more than 2–3 weeks, store in the freezer in an airtight container.
4. Use a proportion of fresh, cold water to coffee that makes a brew of the strength preferred by the clientele. A proportion of 2½ gal of water per pound of coffee (20 oz of water to 1 oz of coffee) makes a commonly accepted brew. See p. 89 for coffee recipes. For a stronger brew, use 1 lb of coffee per 2 gal of water.
5. Have the water cold, freshly drawn, accurately measured, and brought to a temperature of 195°–200°F. Water that is too hot will extract bitter solids. Water that is too cold will not extract enough color or flavor. Bottled or filtered water may be used to brew coffee.
6. Hold brewed coffee at 185°F. Urn coffee can be held for up to 1 hour. Coffee brewed in small pots and kept warm by a heat source under the pot should be served within 20 minutes of brewing. Carafes that hold brewed coffee in an insulated serving decanter will hold the coffee for 2 hours or more. Reheating coffee results in a bitter brew.
7. Clean the coffee-making equipment after each use, following instructions that come with the equipment.

Specialty coffee refers to coffee made from flavored beans, espresso and espresso-based drinks, or coffee flavored with syrups or other post-brew flavorings. See Table 3.1 for espresso-based coffee drinks.

Flavored syrups are added to individual servings in a proportion of approximately 1 ounce per cup. Popular syrup flavorings include almond, caramel, chocolate, hazelnut, raspberry, and vanilla. Shakers for dry flavorings such as allspice, chocolate, cinnamon, malt, nutmeg, and vanilla may be provided for self-service. Other condiments for coffee include brown sugar, chocolate sprinkles or shavings, cinnamon sticks, citrus peel, and whipped cream.

TEA

Three main types of tea are available, produced by variations in processing. *Black* tea derives its color from a special processing treatment that allows the leaves to oxidize. This turns the leaves black and produces a rich brew. English Breakfast and Orange Pekoe are familiar black teas. *Oolong* tea is semioxidized. Its leaves are brown and green, and it brews light in color. *Green* tea is made from leaves that are dried without fermenting. The brew is pale green in color. Flavored and other specialty teas are also available. Tea is packaged in bulk as loose tea and in tea bags of various sizes.

Tea is brewed by the process of infusion, in which boiling water is poured over tea leaves or bags. The following brewing guidelines should be followed.

- Start with fresh, high-quality tea.
- Start with fresh, cold water and bring it to a rolling boil. Do not boil the water for a long period of time.
- Use a stainless steel, earthenware, or porcelainlike pot that has been preheated with a small amount of hot water.
- Add tea bags or loose tea (in a strainer or infuser) to the pot. A generally acceptable brew is made by using 1 Tbsp of loose tea or one tea bag per cup of water.
- Pour boiling water directly over the tea and allow to steep 3–5 minutes. Remove the tea bag or leaves from the water after the tea has steeped or it becomes bitter.

For iced tea, make the brew stronger than for hot tea to compensate for the ice that melts. Pour tea over ice just before serving.

A suggested selection of teas includes a black, green, and Oolong variety, and a specialty or flavored tea such as black currant or raspberry. Caffeine-free and herbal tea selections also should be available.

PUNCH

Punch may be made easily from frozen or canned juices in various combinations. Lemonade (p. 94) or Basic Fruit Punch (p. 92) make good bases for many other fruit drinks when combined with fresh, frozen, canned, or powdered juices of the desired flavor.

The amount of sugar needed varies with the sugar concentration of the juices and individual preference. A recipe for Simple Syrup for sweetening punch is given on p. 93. If time does not allow making the syrup, the sugar may be added directly to the punch and stirred until the sugar is dissolved.

For punch that is to be served iced, the ingredients should be refrigerated. The chilled ingredients may be combined several hours in advance of service.

TABLE 3.1 Espresso-based coffee drinks

Espresso drink	*Ingredients*
Espresso	1½ oz of espresso coffee, served in a demitasse cup.
Americano	1½ oz of espresso, served over hot water to make a 6 oz cup. Usually served with milk and/or sugar.
Cappuccino	1½ oz espresso, topped by equal parts of hot milk and foam. Served in a 6 oz cup (⅓ espresso, ⅓ hot milk, ⅓ foam).
Latte	A single (1½ oz) or double (3 oz) espresso, topped by frothed milk, in a ratio of one part of espresso to three parts milk.
Mocha	1½ oz espresso mixed with 5 oz steamed milk and chocolate syrup to taste. Serve topped with whipped cream.

Note

- Espresso is made by forcing superheated water under pressure through a dark-roasted, finely ground coffee. The process extracts more of the solids and flavor than conventional drip brewing.

If ginger ale or other carbonated beverage is to be used, however, it should be chilled and added just before serving. Hot punch should be served at 180°F. If wine or other liquor is an ingredient in hot punch recipes, the temperature should not exceed 180°F.

Punch may be served from a bowl and kept cold by adding ice cubes, or it may be poured over an ice mold (p. 93). It may also be served as a nonalcoholic cocktail in appropriate glassware and garnished. See p. 103 for a few suggestions for nonalcoholic cocktails that use recipes in this book. Hot punch may be served from a punch bowl or hot-holding equipment. Preheat a glass punch bowl with a small amount of hot water before filling with hot punch.

The amount of punch or iced beverage to prepare depends on the size of the punch cup or glass, the number of guests to be served, and whether second servings will be offered. Service from a punch bowl requires slightly more punch than if it is to be poured from a pitcher for individual service. It is always desirable to have extra chilled, unopened cans of the main punch ingredients to facilitate serving a larger crowd than anticipated.

Most recipes in this book were developed for 2–2½ gallons of punch. Each gallon will yield 32 ½-cup portions. Punch cups vary in size from 3–6 oz, so it is important that the size be considered in determining the correct amount of punch to prepare.

WINE

Pairing wine with food is a matter of individual preference and usually requires some experimentation. Table 17.1 (pp. 714–715) provides guidelines helpful for selecting wine. The amount of wine to serve depends on glass size and the type of meal or event. The volumes of different sized wine bottles are located in Table 17.2 (p. 716).

BEVERAGE RECIPES

COFFEE

Yield: 50 portions or 2½ gal *Portion:* 6 oz (¾ cup)

Ingredient	*Amount*	*Procedure*
Coffee	1 lb	Use proper blend and grind for the coffee maker used.
Water, cold	2½ gal	Use method recommended by the manufacturer of the coffee maker.

Note

- The amount of water will vary with the brand of coffee and the strength preferred.

Variations

- **Iced Coffee.** Increase coffee to 2 lb. Pour over ice in glasses. Coffee may be cooled to room temperature but should not be refrigerated. Flavorings (e.g., vanilla or almond) may be added for variety.
- **Instant Coffee.** Use 3 oz instant coffee or 2 oz freeze-dried to 2½ gal boiling water. Dissolve the coffee in a small amount of boiling water and add to the remaining hot water. Keep hot just below the boiling point, 185°–190°F.
- **Steeped Coffee.** Tie regular grind coffee loosely in a cloth bag. Immerse bag in cold water, which has been measured into a stainless steel kettle or stock pot. Heat to boiling point. Boil 3 minutes or until of desired strength. Remove coffee bag. Cover container and hold over low heat to keep at serving temperature.

HOT TEA

Yield: 50 portions or 2½ gal *Portion:* 6 oz (¾ cup)

Ingredient	*Amount*	*Procedure*
Tea bags, 1oz	2	Place tea bags in a stainless steel, enamel, or earthenware container.
Water, cold	2½ gal	Bring water to a boil, pour over tea. Steep for 3 minutes. Remove bags.

Notes

- If bulk tea is used, tie loosely in a bag.
- The amount of tea to be used will vary with the quality.
- Instant tea (¾–1 oz) may be used in place of the tea bags. The exact amount will vary according to the strength desired.

SPICED TEA

Yield: 48 portions or 1½ gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Water, boiling	1½ gal	Mix all ingredients except tea.
Sugar, granulated	1 lb 8 oz	Simmer 20 minutes.
Lemon juice	¼ cup	Strain.
Lemon peel, grated	1 lemon	
Orange juice	1 cup	
Orange peel, grated	1 orange	
Cloves, whole	4 tsp	
Cinnamon sticks	8	
Tea bag, 1oz	1	Add tea bag to hot liquid. Steep for 5 minutes. Remove tea bags. Serve hot.

Approximate nutritive values per portion **Calories** 60

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 7 mg	**0.3%**	Fiber 0 g	**0%**	**Vitamin C**	**8%**	**Iron**	**0%**
Protein 0.1 g				Sugars 14 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation

- **Russian Tea.** Use only 1¼ gal water. Add 1 qt grape juice when adding other juice.

ICED TEA

Yield: 48 portions or 3 gal *Portion:* 8 oz (1 cup)

Ingredient	*Amount*	*Procedure*
Tea bags, 1 oz	6	Place tea bags in enamel, stainless steel, or earthenware container.
Water, boiling	1 gal	Pour boiling water over tea bags. Steep 4–6 minutes. Remove bags.
Water, cold	2 gal	Pour hot tea into cold water.
Ice, chipped or cubed	10–15 lb	Fill 12 oz glasses with ice. Pour tea over ice just before serving.

Notes

- Always pour the hot tea concentrate into the cold water. Do not refrigerate or ice the tea prior to service. Cloudiness develops in tea that has been refrigerated.
- Instant tea (1–1½ oz) may be used in place of the tea bags.
- Six to seven lemons, cut in eighths, may be served with the tea.
- Iced tea may be garnished with lemon or orange slices or mint leaves.

COCOA

Yield: 50 portions or 2½ gal *Portion:* 6 oz (¾ cup)

Ingredient	*Amount*	*Procedure*
Sugar, granulated	1 lb 8 oz	Mix sugar, cocoa, and salt.
Cocoa	8 oz	
Salt	½ tsp	
Water	1 qt	Add water and mix until smooth. Boil approximately 3 minutes or to form a thin syrup.
Milk	2½ gal	Heat milk to scalding. Stir in syrup.
Vanilla	1 tsp	Just before serving, add vanilla and stir until well mixed.

Approximate nutritive values per portion **Calories** 182

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 26 mg	**9%**	**Total Carb.** 25 g	**8%**	**Vitamin A**	**7%**	**Calcium**	**24%**
Sat. Fat 4 g	**21%**	**Sodium** 121 mg	**5%**	Fiber 0 g	**0%**	**Vitamin C**	**3%**	**Iron**	**9%**
Protein 7 g				Sugars 23 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold for service at 185°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 185°F. Reheat product only once; discard if not used.
- A marshmallow or 1 tsp whipped cream may be added to each cup if desired.
- Cocoa syrup may be made in amounts larger than this recipe and stored in the refrigerator for 3 or 4 days. To serve, add 1 qt cocoa syrup to each 2 gal hot milk.

Variations

- **Hot Chocolate.** Substitute 10 oz unsweetened baking chocolate for cocoa. Add to water and stir until melted.
- **Instant Hot Cocoa.** Dissolve 2½ lb instant cocoa powder in 2 gal boiling water.
- **Mexican Chocolate.** Follow hot chocolate recipe. Substitute 1 gal of hot coffee for 1 gal of milk. Add 1 oz (¼ cup) ground cinnamon.
- **Amaretto Cocoa.** Add ¾ cup amaretto along with the milk. Delete vanilla. For a nonalcoholic version, substitute 1½ Tbsp of almond extract for the amaretto.

FRENCH CHOCOLATE

Yield: 64 portions or 3 gal *Portion:* 6 oz (¾ cup)

Ingredient	*Amount*	*Procedure*
Unsweetened chocolate	1 lb 2 oz	Combine chocolate and water.
		Cook over direct heat, stirring constantly, for 5 minutes or until chocolate is melted.
Water, cold	3 cups	Remove from heat. Beat with a wire whip until smooth.
Sugar, granulated	2 lb 8 oz	Add sugar and salt to chocolate mixture.
Salt	½ tsp	Return to heat. Cook over hot water 20–30 minutes or until thick. Chill.
Whipping cream	3½ cups	Whip cream. Fold into cold chocolate mixture.
Milk	2½ gal	Heat milk to scalding.
		To serve, place 1 Tbsp (rounded) chocolate mixture in each serving cup.
		Add hot milk to fill cup. Stir until well blended.
		Serve immediately.

Approximate nutritive values per portion **Calories** 247

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	**22%**	**Cholest.** 38 mg	**13%**	**Total Carb.** 28 g	**9%**	**Vitamin A**	**11%**	**Calcium**	**19%**
Sat. Fat 8 g	**39%**	**Sodium** 97 mg	**4%**	Fiber 1 g	**2%**	**Vitamin C**	**2%**	**Iron**	**3%**
Protein 6 g				Sugars 26 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold for service at 185°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 185°F. Reheat product only once; discard if not used.
- The milk must be kept at 185°F during the serving period.
- The chocolate mixture may be stored for 24 hours in the refrigerator.
- To make in quantity, prepare chocolate syrup and add hot milk. Whip cream to soft peaks and fold into hot chocolate. Keep hot.

BASIC FRUIT PUNCH

Yield: 80 portions or 2½ gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Sugar, granulated	2 lb 8 oz	Mix sugar and water.
Water	1 qt	Bring to boil. Cool.
Orange juice, frozen, undiluted	3 cups (2 12-oz cans)	Combine juices and water.
Lemon juice, frozen, undiluted	3 cups (2 12-oz cans)	Add sugar syrup and stir until mixed. Chill.
Water, cold	1½ gal	

Approximate nutritive values per portion **Calories** 74

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0.1 g	**0.1%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 19 g	**6%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 3 mg	**0.1%**	Fiber 0 g	**0%**	**Vitamin C**	**31%**	**Iron**	**0%**
Protein 0.3 g				Sugars 14 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- If time does not allow making and cooling syrup, the sugar may be added to the cold punch and stirred until dissolved. Increase cold water to 1¾ gal.
- Ginger ale may be substituted for part or all of the water. Chill and add just before serving.

Variations

- **Golden Punch.** Reduce orange and lemon juice to one 12-oz can each. Add two 46-oz cans pineapple juice.
- **Ginger Ale Fruit Punch.** Use 1½ qt lemon juice, 1½ qt orange juice, 1 qt pineapple juice, and 1 gal water. Increase sugar to 3 lb. Add 2 qt ginger ale just before serving. Lime, orange, lemon or raspberry sherbet may be added to punch just before serving.
- **Sparkling Grape Punch.** Reduce orange and lemon juice to one 12-oz can each. Add two 12-oz cans frozen grape juice. Just before serving, add two 20-oz bottles of ginger ale.

ICE MOLD

Yield: 1 mold

Ingredient	*Amount*	*Procedure*
Ice mold	1	Select mold that will fit in punch bowl.
Punch, juice, lemonade		Fill mold with liquid, half to two-thirds full. Freeze.
Garnishes	See Notes	Add garnishes and enough liquid to partially cover garnishes. Freeze.
		After thin layer of liquid and fruit are frozen, fill mold with liquid and freeze until firm.
		To unmold ice ring, dip the mold in warm water until the ice slips out easily. Place the ring in very cold punch, garnished side up. Replace mold as necessary.

Notes

- Some attractive garnishes include strawberries, cherries, pineapple, grapes, orange or lemon or lime slices, mint, ivy, and fresh flowers. (See Appendix B for flower garnishes.)
- If water is the liquid, use distilled or boiled tap water. Allow boiled water to sit and de-aerate about 15 minutes.
- For a decorative ice mold, use two or three layers of garnish between layers of ice. Freeze the garnish in place before adding the layers of liquid.

SIMPLE SYRUP

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Sugar, granulated	2 lb	Mix sugar and water.
Water	1 qt	Boil for 3 minutes.
		Chill before using in punch.

Notes

- For a thicker syrup, increase sugar to 2 lb 8 oz and add 1 Tbsp corn syrup.
- May be stored in the refrigerator for use in beverages or where recipe specifies Simple Syrup.

LEMONADE

Yield: 48 portions or 3 gal *Portion:* 8 oz (1 cup)

Ingredient	*Amount*	*Procedure*
Lemon juice	1¼ qt (approximately 30 lemons)	Mix lemon juice and sugar.
Sugar, granulated	2 lb 8 oz	
Water, cold	2¼ gal	Add water. Stir until sugar is dissolved. Chill.

Approximate nutritive values per portion **Calories** 97

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 25 g	**8%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 11 mg	**0.5%**	Fiber 0 g	**0%**	**Vitamin C**	**10%**	**Iron**	**0%**
Protein 0 g				Sugars 24 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Three 6-oz cans undiluted frozen lemon juice may be substituted for fresh lemon juice. Increase water to 2½ gal.
- Three 32-oz cans frozen lemonade concentrate, diluted 1:4 parts water, will yield 60 1-cup portions.
- Lemonade makes a good base for fruit punch.

BANANA PUNCH

Yield: 64 portions or 2 gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Sugar, granulated	2 lb	Mix sugar and water.
Water, hot	1½ qt	Boil for 3 minutes. Cool.
Orange juice, frozen, undiluted	1½ cups (1 12-oz can)	Combine juices, fruits, and water.
Lemon juice, frozen, undiluted	¾ cup (1 6-oz can)	Add cooled sugar syrup. Chill.
Water, cold	1 qt	
Pineapple, crushed	3 qt (1 No. 10 can)	
Bananas, ripe, mashed	6 medium	
Ginger ale, chilled	1 qt	Add ginger ale just before serving.

Approximate nutritive values per portion **Calories** 105

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 27 g	**9%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 0 g	**0%**	**Sodium** 3 mg	**0.1%**	Fiber 1 g	**2%**	**Vitamin C**	**25%**	**Iron**	**1%**
Protein 1 g				Sugars 27 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Mixture may be frozen before ginger ale is added and held for use later.
- Two 46-oz cans of unsweetened pineapple juice and one 12-oz can lemonade may be substituted for the crushed pineapple and lemon juice.

Variation

- **Banana Slush Punch.** Mix and freeze juices, syrup, and mashed bananas. To serve, fill glass about half full of partially frozen slush and add chilled ginger ale.

CRANBERRY PUNCH

Yield: 80 portions or 2½ gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Cranberry juice	3 qt	Mix juices and water. Chill.
Pineapple juice	3 qt (2 46-oz cans)	
Lemonade, frozen, undiluted	1 qt (1 32-oz can)	
Water, cold	1 qt	
Ginger ale, chilled	3 28-oz bottles	Add ginger ale just before serving.

Approximate nutritive values per portion **Calories** 76

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 19 g	**6%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 5 mg	**0.2%**	Fiber 0.3 g	**1%**	**Vitamin C**	**34%**	**Iron**	**1%**
Protein 0 g				Sugars 17 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

SANGRIA SIPPER

Yield: 80 portions or 3¾ gal *Portion:* 6 oz

Ingredient	*Amount*	*Procedure*
Grape juice, frozen, undiluted	3 12-oz cans	Combine juices and water. Stir well.
Orange juice, frozen, undiluted	3 12-oz cans	Refrigerate until time of service.
Lemonade, frozen, undiluted	3 12-oz cans	
Water	5 qt	
Club soda	7 qt	Just before service, combine juice mixture, club soda, and sliced fruit.
Oranges, thinly sliced	10	
Lemons, thinly sliced	9	
Limes, thinly sliced	6	
		Serve punch and sliced fruit in a stemmed goblet.

Approximate nutritive values per portion **Calories** 80

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 21 g	**7%**	**Vitamin A**	**0%**	**Calcium**	**2%**
Sat. Fat 0 g	**0%**	**Sodium** 21 mg	**1%**	Fiber 1 g	**4%**	**Vitamin C**	**85%**	**Iron**	**1%**
Protein 0.7 g				Sugars 12 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- May be garnished with skewered fruit.

WHITE WINE SANGRIA

Yield: 80 portions or 3¾ gal *Portion:* 6 oz

Ingredient	*Amount*	*Procedure*
White wine	2 gal	Mix until sugar dissolves.
Orange juice	1½ qt	
Sugar	1 lb	
Oranges, thinly sliced	3 lb	Mix fruit with wine-juice mixture.
Peaches, peeled, thinly sliced (See note)	4 lb	Let stand at room temperature for 3 hours, then refrigerate until cold.
Apples, thinly sliced	3 lb	
Limes, thinly sliced	1 lb	
		Pour 6 oz of sangria (liquid and fruit) over ice in a stemmed goblet.

Approximate nutritive values per portion **Calories** 95

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 8 g	**3%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 0 g	**0%**	**Sodium** 5 mg	**0%**	Fiber 0 g	**0%**	**Vitamin C**	**16%**	**Iron**	**2%**
Protein 0 g				Sugars 8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Mango and kiwi can be substituted for some or all of the peaches.

SPARKLING APRICOT–PINEAPPLE PUNCH

Yield: 80 portions or 2½ gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Apricot nectar	3 qt (2 46-oz cans)	Combine juices and water.
Pineapple juice, unsweetened	3 qt (2 46-oz cans)	Chill.
Lemon or lime juice, frozen, undiluted	1½ cups	
Water, cold	2 qt	
Ginger ale, chilled	2 qt	Add ginger ale just before serving.

Approximate nutritive values per portion **Calories** 55

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 14 g	**5%**	**Vitamin A**	**4%**	**Calcium**	**1%**
Sat. Fat 0 g	**0%**	**Sodium** 4 mg	**0.2%**	Fiber 0.3 g	**1%**	**Vitamin C**	**16%**	**Iron**	**1%**
Protein 0.3 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

MOCK PIÑA COLADA

Yield: 96 portions or 3 gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Vanilla ice cream mix, liquid, unfrozen	2 gal	Combine, using wire whip.
Milk	3 qt	Place in punch bowl.
Coconut extract	½ cup	
Rum extract	5 Tbsp	
Pineapple juice	1 qt	
Maraschino cherries, with stems	50	Serve in punch cup or stemmed glass. Garnish with maraschino cherry.

Approximate nutritive values per portion **Calories** 200

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**18%**	**Cholest.** 77 mg	**26%**	**Total Carb.** 21 g	**7%**	**Vitamin A**	**13%**	**Calcium**	**14%**
Sat. Fat 7 g	**33%**	**Sodium** 64 mg	**3%**	Fiber 0 g	**0%**	**Vitamin C**	**3%**	**Iron**	**1%**
Protein 4 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Softened vanilla ice cream may be substituted for ice cream mix.

PINK CHAMPAGNE-STYLE PUNCH

Yield: 96 portions or 3 gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Water	2 qt	Heat water and sugar until sugar dissolves.
Sugar	1 lb 4 oz	Remove from heat and cool.
Unsweetened red grapefruit juice	2 qt	Mix juices and grenadine syrup with water-sugar mixture. Refrigerate until ready to serve.
Fresh lemon juice	½ cup	
Grenadine syrup	1¼ cups	
Ginger ale	7 qt	Just before service combine chilled juice mixture with chilled ginger ale. Ladle the punch into champagne glasses. Garnish with a strip of lemon peel.

Approximate nutritive values per portion **Calories** 65

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 17 g	**6%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 0 mg	**0.2%**	Fiber 0 g	**0%**	**Vitamin C**	**10%**	**Iron**	**1%**
Protein 0 g				Sugars 16 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

BLUSHING PINEAPPLE PUNCH

Yield: 50 portions or 1¾ gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Sugar, granulated	6 oz	Cook sugar, water, and cinnamon candies over low heat, stirring until candies are dissolved.
Water	1½ cups	
Cinnamon candies (red-hots)	6 oz	
Pineapple juice	1 gal	Combine pineapple juice and cinnamon candy syrup.
Ginger ale	2 qt	Add ginger ale and ice just before serving.
Ice	8 oz	

Approximate nutritive values per portion **Calories** 84

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 21 g	**7%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 0 g	**0%**	**Sodium** 4 mg	**0.2%**	Fiber 0 g	**1%**	**Vitamin C**	**14%**	**Iron**	**1%**
Protein 0.3 g				Sugars 20 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation

- **Red-Hot Tea.** Use following ingredients in place of those in recipe: 12 oz cinnamon candies dissolved in 5½ qt hot water. Add 16 oz concentrated orange juice and lemon juice to taste. Serve hot.

WASSAIL

Yield: 80 portions or 2½ gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Sugar, granulated	2 lb 8 oz	Mix sugar, water, and spices.
Water	2½ qt	Boil 10 minutes.
Cloves, whole	1½ tsp	Cover and let stand 1 hour in a warm place.
Cinnamon sticks	10	Strain.
Allspice berries	10	
Crystallized ginger, chopped	2 oz	
Orange juice, strained	2 qt	When ready to serve, add juices and cider.
Lemon juice, strained	1¼ qt	Heat quickly to boiling point.
Apple cider	5 qt	
Crabapples or small oranges	6–10	To serve, pour hot mixture over fruit, studded with cloves, in a punch bowl.
Cloves, whole		If using a glass bowl, temper by filling with warm water to prevent cracking when hot punch is poured in.

Approximate nutritive values per portion **Calories** 105

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 27 g	**9%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 0 g	**0%**	**Sodium** 3 mg	**0.1%**	Fiber 0.5 g	**0%**	**Vitamin C**	**36%**	**Iron**	**1%**
Protein 0.4 g				Sugars 24 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

TOMATO JUICE COCKTAIL

Yield: 72 portions or 2¼ gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Tomato juice	8½ qt (6 46-oz cans)	Mix all ingredients. Chill.
Lemon juice	¾ cup	
Worcestershire sauce	3 Tbsp	
Hot pepper sauce	½ tsp	
Celery salt	3 Tbsp	

Approximate nutritive values per portion **Calories** 21

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 5 g	**2%**	**Vitamin A**	**6%**	**Calcium**	**1%**
Sat. Fat 0 g	**0%**	**Sodium** 644 mg	**27%**	Fiber 1 g	**6%**	**Vitamin C**	**38%**	**Iron**	**3%**
Protein 0.9 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

HOT SPICED TOMATO JUICE

Yield: 64 portions or 2 gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Tomato juice	4¼ qt (3 46-oz cans)	Add onions, celery, and seasonings to tomato juice. Simmer for about 15 minutes.
Onions, chopped	8 oz	Strain.
Celery stalks, cut in 1-inch pieces	6	
Bay leaves	3	
Cloves, whole	12	
Salt	1 tsp	
Dry mustard	1 Tbsp	
Consommé	1 gal	Add consommé to tomato mixture and reheat. Serve hot.

Approximate nutritive values per portion **Calories** 21

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 4 g	1%	**Vitamin A**	3%	**Calcium**	1%
Sat. Fat 0 g	0%	**Sodium** 430 mg	18%	Fiber 1 g	4%	**Vitamin C**	21%	**Iron**	3%
Protein 2 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Two 50-oz cans condensed beef or chicken consommé, diluted with 2 qt water, may be used.

FRESH CRANBERRY WARMER

Yield: 50 portions or 3 gal *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Cranberries, fresh	2 lb 4 oz (3 12-oz pkgs)	Cook cranberries until soft. Strain, forcing pulp through sieve. Reserve strained liquid for next step.
Water	2 qt	
Water	2 qt	Combine. Cook until red-hots dissolve.
Sugar, granulated	1 lb	Remove cloves and add liquid strained from cooked cranberries.
Red-hots (cinammon candies)	1 lb	
Cloves, whole	24	
Orange juice, frozen, undiluted	12 oz	Add undiluted concentrate and water. Strain and heat before serving.
Lemonade frozen, undiluted	12 oz	
Water	1½ gal	
Red food coloring	few drops	

Approximate nutritive values per portion **Calories** 93

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 24 g	8%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 0 mg	0%	Fiber 1 g	4%	**Vitamin C**	39%	**Iron**	0%
Protein 0 g				Sugars 15 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

SPICED CIDER

Yield: 80 portions or 2½ gal *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Cinnamon sticks	10	Tie cinnamon, cloves, and allspice loosely in a clean white cloth to make a spice bag.
Cloves, whole	2½ Tbsp	
Allspice berries	2½ Tbsp	
Apple cider	2½ gal	Add spice bag, sugar, and mace to cider.
Sugar, brown (see Note)	12 oz	Bring slowly to the boiling point. Simmer for about 15 minutes.
Mace	½ tsp	Remove spices. Serve hot or chilled.

Approximate nutritive values per portion **Calories** 75

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 19 g	**6%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 0 g	**0%**	**Sodium** 5 mg	**0.2%**	Fiber 0.3 g	**1%**	**Vitamin C**	**2%**	**Iron**	**3%**
Protein 0 g				Sugars 14 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- If a very sweet cider is used, omit or reduce brown sugar.

Variations

- **Cider Punch.** Omit spices. Substitute 1 qt reconstituted frozen orange juice and 1 qt pineapple juice for an equal amount of cider. Garnish with thin slices of orange.
- **Hot Mulled Orange Cider.** Combine 2 gal apple cider, 1½ qt reconstituted frozen orange juice, and 1 cup reconstituted frozen lemon juice. Add 2 sticks cinnamon, 1½ tsp ground cinnamon, 1½ tsp whole cloves, and 10 oz sliced fresh orange peels, which have been tied in a clean white cloth. Bring to a boil. Reduce heat and simmer for 15 minutes. Remove spice bag.
- **Spiced Cranberry Juice.** Substitute cranberry juice for apple cider. Reduce brown sugar to 4 oz.

SPICED ROSÉ WARMER

Yield: 80 portions or 2½ gal *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Apple juice	2 qt	Combine juices, lemon peel, water, sugar and spices in a steam-jacketed or other kettle. Stir to dissolve sugar.
Cranberry juice	2 qt	
Lemon peel strips (fresh)	2 lemons	Bring to a boil. Reduce heat and simmer for 10 minutes. Remove and discard lemon peel.
Water	2 qt	
Sugar	1 lb 12 oz	
Cinnamon sticks	12 inches	
Cloves, whole	½ tsp	
Rosé wine	1 gal	Add wine and lemon juice to juice mixture. Heat to 180°F. Garnish with lemon slices.
Lemon juice (fresh)	1 cup	

Approximate nutritive values per portion **Calories** 99

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 17 g	**6%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 0 mg	**0%**	Fiber 0 g	**0%**	**Vitamin C**	**28%**	**Iron**	**1%**
Protein 0 g				Sugars 17 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Care should be taken when pouring hot liquid into a glass punch bowl. Heat punch bowl first with warm water, then pour hot beverage slowly into warm bowl.

RUBY WINE PUNCH

Yield: 80 portions or 2½ gal *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Water	1 qt	Combine water, sugar, and spices in a steam-jacketed or other kettle.
Sugar	1 lb 12 oz	Bring to a boil. Reduce heat and simmer for 10 minutes.
Cinnamon sticks	15 inches	Discard spices. (Chill water-sugar mixture if using for
Cloves, whole	1 Tbsp	cold punch.)
Cran-Raspberry juice	1½ gal	Combine water-sugar mixture with juice and wine.
Burgundy wine	3 qt	Heat to 180°F.

Approximate nutritive values per portion **Calories** 106

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 21 g	**7%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 34 mg	**34%**	Fiber 0 g	**0%**	**Vitamin C**	**1%**	**Iron**	**1%**
Protein 0 g				Sugars 10 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

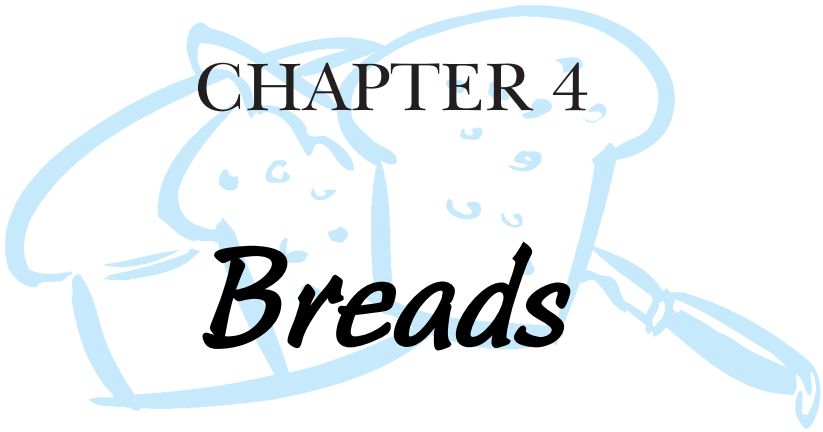
- For cold wine punch, heat water, sugar, and spices. Chill. Combine with cold juice and wine.
- Care should be taken when pouring hot liquid into a glass punch bowl. Heat punch bowl first with warm water, then pour hot beverage slowly into warm bowl.

NONALCOHOLIC COCKTAILS

Cocktail	*Beverage to use*	*Garnish*	*Glassware*
Apple Cooler	Spiced Cider, Chilled (p. 101)	Apple on a skewer	Goblet
Citrus Spritzer	Ginger Ale Fruit Punch (p. 93)	Orange and lemon on skewer with maraschino cherry	Stemmed glass
Champale Punch	Pink Champagne-Style Punch (p. 98)	Lemon peel strip	Stemmed glass
Chocolate Mint Warmer	French Chocolate (p. 92)	Crème de menthe syrup Mint leaf	Cup or mug
Hot Apple Toddy	Spiced Cider, hot (p. 101)	Cinnamon stick	Mug
Piña Colada	Mock Piña Colada (p. 97)	Pineapple and maraschino cherry on skewer	Stemmed glass
Sangria Sipper	Sangria Sipper (p. 96)	Sliced fruit	Stemmed goblet
Tomato Juice Cocktail	Tomato Juice Cocktail (p. 99)	Celery stalk	Tumbler

Note

- Recipe yields may need to be adjusted, depending on the size of glassware used.



CHAPTER 4
Breads

QUICK BREADS

Basic ingredients in all quick breads are flour, liquid, a leavening agent, and flavorings. Fat and eggs are usually included also. The type and quantity of each of these ingredients and their interaction affect the characteristics of the finished product. They may be classified, according to the proportion of flour to liquid, as:

- *pour batter:* pancakes, waffles, popovers, crepes
- *drop batter:* muffins, pan breads, drop biscuits
- *soft dough:* rolled and cut biscuits

Quick breads are leavened by baking power, baking soda, or steam, which act quickly, requiring them to be baked at once. If a double-acting baking power is used, quick breads may be mixed, panned, refrigerated, and then baked as needed during the serving period, although they will have slightly decreased volume. A variety of sweet and savory quick breads may be made from basic biscuit and muffin recipes by adding fruits, nuts, and other flavorings.

Quick-bread mixes may be prepared by sifting together the dry ingredients, which generally include nonfat dry milk, and then cutting in the shortening. Such a mix may be made on days when the work load is light and stored for periods up to 6 weeks without refrigeration, or longer if refrigerated. Many foodservices use some type of commercial mix. The decision to purchase a mix or to prepare from scratch depends on the amount of time and skilled labor available, food inventories, and the cost and quality of the mix.

Pans for quick breads should be greased on the bottoms only. A coating mixture may be prepared and brushed on (p. 165), or the pans may be coated with a vegetable spray. Muffin pans with paper baking cups are often used. See p. 107 for quality standards for quick breads.

Methods of Mixing

Ingredients for most quick breads are combined by the muffin or biscuit method, although the conventional cake method, described on p. 155, is used for some loaf breads. Most quick-bread ingredients should be mixed only to blend, with as little handling as possible.

Muffin Method

The muffin method is used for muffins, pancakes, waffles, and popovers.

1. Mix the dry ingredients in a mixer bowl. If dry milk is used, add it to the other dry ingredients.
2. Combine beaten eggs, milk, and melted or liquid fat and add to the dry ingredients all at once.
3. Mix at low speed only enough to dampen the dry ingredients.

The mixture should be slightly lumpy and appear undermixed when put into the pan. Excess mixing causes gluten to develop and carbon dioxide to be lost, resulting in the formation of long "tunnels" in the baked product. Effects of overmixing are less evident in rich muffins and loaf breads that contain a high proportion of fat and sugar, or when the batter is made with cake or pastry flour. The batter should be dipped into pans carefully to avoid additional mixing.

Biscuit Method

The biscuit method is used mainly for baking powder biscuits.

1. Combine dry ingredients in a mixer bowl.
2. Cut fat into the flour with flat beater or pastry knife.
3. Add liquid and mix to form a soft dough.
4. Knead dough on low speed for 15–30 seconds (or on a lightly floured board for 15–20 strokes) to develop the gluten. Kneading contributes to making a good volume biscuit with a crumb that peels off in flakes. Overkneading or working in extra flour when kneading by hand may result in a biscuit that is compact and less tender. The volume can be affected also by the temperature of the liquid used and the amount of standing time before baking.

Conventional Cake Method

The conventional method, described on p. 155, may be used for coffee cakes, loaf breads, and rich muffins.

YEAST BREADS

Ingredients

An understanding of the functions of the main ingredients in yeast-raised doughs is essential to the production of good bread and rolls.

Flour

Flour used for baked products must contain enough protein to make an elastic framework of gluten that will stretch and hold the air bubbles of carbon dioxide gas formed as the dough ferments. *Bread flour* is made from hard wheat and contains more protein than other flour. It is used for making breads and pasta when strength and elasticity are required. *All-purpose flour* is milled from a blend of hard and soft wheats and contains enough protein to provide the gluten essential to make good rolls and yeast breads. An all-purpose flour, unless otherwise noted, was used in testing the recipes in this book. *Whole wheat, rye,* and *specialty flours* add variety to breads. These flours should be combined with a high-protein flour because they do not have enough protein to effect proper gluten formation.

Yeast

Yeast is added to dough for its leavening effect, as well as to enhance the flavor and texture of the finished product. In the fermentation process, sugar in the dough is fermented, and carbon dioxide, ethanol, and other by-products such as lactic acid and acetic acid are released. Fermentation is controlled very carefully by monitoring time, temperature, and humidity throughout the mixing and rising process. When the yeast cells reach about 140°F, as they do soon after baking begins, the cells are destroyed and fermentation ceases. The continued rising is a result of heat expanding the gases trapped within the gluten structure.

The three types of yeast used for yeast bread doughs are compressed, active dry, and instant active dry. *Compressed yeast,* often referred to as fresh yeast, may be purchased in 1-lb cakes or 0.6 oz cubes. It is highly perishable and may be held under refrigeration (30°–40°F) for 2 to 3 weeks. The longer the storage time, the more the yeast activity is lost. Compressed yeast is softened in lukewarm water (95°F) before it is added to the other ingredients.

Active dry yeast differs from compressed yeast in that the moisture is removed by dehydrating at a low temperature. The yeast does not require refrigeration and can be stored for several months in a cool, dry environment. It is recommended that yeast be stored for as short a time as possible because some yeast activity is lost during storage. Active dry yeast must be rehydrated before using in water that ranges in temperature between 105°–115°F. When substituting active dry yeast for compressed yeast, use 60 percent of the compressed yeast weight plus enough water to make up the difference.

I*nstant* or *quick-rise dry yeast* differs from active dry yeast in its genetics and method of processing. Instant dry yeast is less sensitive to temperature extremes than active dry yeast and can be added to the dry ingredients without first reconstituting. Water at 125°F is recommended for hydrating the yeast and other dry ingredients. Water above about 138°F will destroy the living yeast organism. Instant dry yeast is vacuum packed and can be stored unopened for several months.

Liquid

The amount of liquid necessary to produce an optimum dough varies with the flour and generally is related to the flour's protein content. Flours with high protein values absorb more water than low-protein flour.

The liquid used for yeast breads generally is milk or water, although potato water and fruit juice may be used. Milk improves the browning and nutritive value of the bread and tends to delay staling. If fresh milk is used, it is scaled to stop enzyme action that may produce undesirable characteristics, then cooled to the appropriate temperature. Nonfat dry milk may be mixed with the dry ingredients or reconstituted and used in liquid form. The nutritive value of bread may be increased by the addition of extra quantities of dry milk.

The temperature of the liquid used has an effect on the end-point dough temperature after mixing. When using high-speed mixers or making large quantities, it is necessary to calculate the water temperature based on factors such as friction heat generated by the equipment, flour temperature, and room tempera-

QUALITY STANDARDS FOR QUICK BREADS

Quality standard: Golden brown color, slightly rounded with pebbly top, well-proportioned shape; tender crust, even grain, with no tunnels; moist crumb, breaks easily without crumbling; light and tender; good flavor.

Deviation	*Possible Cause*
Pale color	Overmixing, oven temperature too low
Rough surface	Undermixing, too much flour
Peaked shape	Wrong size pans, overmixing, incorrect liquid measurement, oven temperature too high
Undersized	Incorrect proportion of ingredients, inaccurate measurements, improper mixing, too hot water (leavening gone), oven temperature too low, too large a proportion of acidic ingredients (blueberries, oranges, etc.) or dough held too long before baking when using acidic ingredients, too much flour used when rolling biscuits
Texture coarse, tunneled	Incorrect proportion of ingredients, inaccurate measurements, overmixing
Dry	Too much flour or too little liquid, oven temperature too low, overbaking
Tough, elastic	Overmixing, too little liquid
Unpleasant flavor	Not enough salt, too much baking powder or soda, poor-quality fat or flavorings

ture. For quantities used in this book, however, the following guidelines for water temperature are recommended: lukewarm (95°F) for compressed yeast, warm (105°–115°F) for active dry yeast, and very warm (125°F) for instant active dry yeast that is mixed with flour and other ingredients.

Other Ingredients

Although used in small quantities, other ingredients influence the quality of the finished product. Salt is added for flavor and also helps to control the rate of fermentation. Sugar, a ready source of food for the yeast, accelerates the action of the yeast. Although the addition of a small amount of sugar makes the dough rise faster, too much sugar inhibits yeast activity. Granulated sugar generally is used for bread making, but honey, corn syrup, brown sugar, and molasses are also used, especially in dark whole-grain bread, sweet rolls, or coffee cake. Fat is added to improve flavor, tenderness, browning, and keeping quality. Fat in large amounts, or fat added directly to the yeast, will slow its action. Eggs affect flavor, richness, tenderness, and color.

Bread Bases

Commercially available bread bases may include ingredients for dough conditioning, flavoring, and coloring, as well as flour, salt, eggs, and seeds or nuts. These bases generally require mixing with flour, yeast, and liquid. Mixing and proofing time and techniques may differ from standard procedures, so the manufacturer's instructions should be followed.

Mixing the Dough

Mixing and kneading of dough has three important functions: to uniformly distribute the ingredients into a homogeneous mass, develop the gluten structure that will entrap the carbon dioxide gas, and develop the dough into a continuous gluten network that will have maximum gas-holding capacity. A repeated stretching-and-folding motion, performed always in the same direction, is the most effective way to produce quality bread with high volume; a soft, silky, and uniform grain and texture; and good keeping quality.

Dividing, rounding, sheeting, and shaping all have a beneficial effect on bread quality because they too contribute to the mixing functions.

The mixing speed and length of time will vary with the size of mixer and amount of dough. Overmixing and allowing the dough temperature to get too high will produce a product with a dense texture and low volume. Generally dough is mixed only until it leaves the sides and bottom of the bowl. When mixed adequately, a small piece of dough may be stretched, without tearing, to resemble a membrane (sometimes referred to as the membrane test).

Moisture content of the flour may vary, making it necessary to adjust slightly the amount of flour called for in the recipe. Reserving some of the flour specified and adding it as needed toward the end of the mixing process is suggested. Enough flour should be added to produce a soft—but not sticky—dough. Dough for rolls is usually softer than for loaf bread.

Fermentation of Dough

The flavor and texture of the bread depend on the fermentation process. Fermentation begins when the dough is mixed and continues until the yeast is killed by the heat of the oven (approximately 140°F). After mixing is completed, the dough should be set in a warm place (80°–85°F), with a relative humidity near 75 percent. The length of the fermentation period depends on the type of product, amount of yeast, strength of the flour, amount of sugar, and temperature of the dough and proofing area. Usually 1 to 1½ hours are required for the dough to double in bulk for the first time.

After the dough has doubled, air must be forced out and the dough returned to its original bulk. This may be done with a mixer using a dough arm or by hand for small amounts of dough. This process continues to decrease the size of the air bubbles and helps form a good grain and texture in the finished product. Dough at this stage may be retarded by chilling and held in a refrigerator for use at a later time. It is important to cover the dough tightly so that moisture is not lost and a dry, tough skin does not develop on the surface.

Shaping, Proofing, and Baking

After the dough has fermented until double and the air bubbles are forced out, it is time to form it into the desired shape. A rest period of 10–15 minutes allows the gluten structure to relax and makes shaping easier (see pp. 136–137 for recipes and directions for shaping). When panning rolls or bread, the distance between pieces will affect the shape, size, and amount of crust in the final product. Individual preference should be considered.

Panned bread or rolls should rise (proof) at 90°–100°F and 80 to 85 percent humidity until double in bulk. A general test for assessing how long to proof is to press the dough lightly with a finger. When proofed for the correct length of time, a slight indentation remains. When not proofed long enough, the dough will spring back, leaving no indentation. Overproofed dough will collapse when pressed with a finger. Too short a proofing period will produce a dense, undersized product with a tough crust; too long a proofing period will cause an open, crumbly, texture with low volume and unpleasant flavor.

Crust texture may be determined partly by the treatment applied prior to baking and during the early stages in the oven. For a crisp crust, spray loaves or rolls with cold water before baking and again after about 10 minutes in the oven. An egg-white glaze (one slightly beaten egg white with 1 tsp water) also may be used to produce a crisp crust. For a shiny, golden crust, brush loaves or rolls with egg or egg-yolk glaze (one slightly beaten egg or egg yolk with 1 Tbsp water or milk) prior to baking. For a soft or tender crust, brush with melted butter or margarine immediately after baking; and to give baked sweet rolls a shiny, glossy appearance brush with simple syrup, then glaze as usual.

Most bread is baked at 375°–400°F. Rich and sweet doughs may overbrown quickly and may need to be baked at a slightly lower temperature, 350°F. Generally, small rolls, spaced apart, are baked at a higher temperature than larger loaves so that they become browned in the short time it takes to bake them. For best volume and texture, preheat the oven before baking yeast breads. The final expansion of the dough, called "oven spring," occurs in the first 10–15 minutes of baking in a hot oven. The bread is usually done when tapping the crust produces a hollow sound and the sides, bottom, and top are golden brown. Remove bread from the pans immediately and place on a wire rack to prevent steaming and softening of the crust. Cool the loaves uncovered.

Freezing Yeast Doughs and Breads

Yeast doughs can be frozen up to 6 weeks before or after shaping. Sugar and yeast are usually increased slightly. It is important that the dough be frozen quickly and covered tightly. Some quality loss can be expected when freezing dough using techniques available in most bakeries. Commercial processors are able to achieve better results.

To freeze baked bread and rolls, allow to cool to room temperature, then wrap and freeze. Frozen baked products should be allowed to return to room temperature before being warmed or used.

QUALITY STANDARDS FOR YEAST BREADS

Quality standard: Symmetrical, uniform shape, rounded top, good volume; smooth, tender crust; golden brown color; fine, even grain, free from large air bubbles, thin cell walls; moist, silky, elastic crumb; nutlike flavor.

Deviation	*Possible Cause*
Excessive volume	Too much yeast, too little salt, oven temperature too low, protein content of flour too high, overproofing
Poor volume	Protein content of flour too low, not enough yeast, over- or underdeveloped gluten, over- or underproofing, too much salt
Pale color	Not enough sugar, overfermented dough, oven temperature too low, crust formed before baking
Dark color	Excessive sugar or milk, oven temperature too high, baking time too long
Cracked	Overmixing, improper shaping, formation of dried crust before baking, cooling too fast
Coarse texture	Not enough flour, slack dough, underkneading, proofing period too long or at too high a temperature, oven temperature too low, temperature of dough out of mixer too high
Heavy texture	Yeast partially killed, not enough yeast, underkneading, poor distribution of ingredients, too-cool proofing temperature, too-short proofing period, excessive dough in pan, too much salt
Crumbly, dry	Too-stiff dough, oven temperature too low, underkneading
Poor flavor	Flat: too little salt
	Yeasty: too-long proofing period, proofing temperature too warm
	Sour: too-long proofing period, poor-quality ingredients

QUICK BREAD RECIPES

BAKING POWDER BISCUITS

Yield: 100 2½-inch biscuits or 130 2-inch biscuits
Oven: 425°F *Bake:* 15 minutes

Ingredient	*Amount*	*Procedure*
Flour, all-purpose Baking powder Salt	5 lb 5 oz 2 Tbsp	Combine flour, baking powder, and salt in mixer bowl. Mix on low speed until blended, approximately 10 seconds, using flat beater.
Shortening, hydrogenated	1 lb 4 oz	Add shortening to flour mixture. Mix on low speed for 1 minute. Stop and scrape sides and bottom of bowl. Mix 1 minute longer. The mixture will be crumbly.
Milk	1¾ qt	Add milk. Mix on low speed to form a soft dough, about 30 seconds. Do not overmix. Dough should be as soft as can be handled.

1. Place one-half of dough on lightly floured board or table. Knead lightly 15–20 times.
2. Roll to ¾-inch thickness. Biscuits will approximately double in height during baking. Cut with a 2½-inch (or 2-inch) cutter; or cut into 2-inch squares with a knife. When using round hand cutters, cut straight down and do not twist to produce the best shape. Space the cuts close together to minimize scraps. Use of a roller cutter or cutting the dough into squares eliminates or reduces scraps. The scraps can be rerolled, but the biscuits may not be as tender.
3. Place on ungreased baking sheets ½ inch apart for crusty biscuits, just touching for softer biscuits. Repeat, using remaining dough.
4. Bake at 425°F for 15 minutes, or until golden brown. (See Exhibit V in the color insert.)
5. Biscuits may be held 2–3 hours in the refrigerator until time to bake.

Approximate nutritive values per portion **Calories** 145

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 6 g	**10%**	**Cholest.** 2 mg	**1%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**0%**	**Calcium**	**11%**
Sat. Fat 2 g	**9%**	**Sodium** 278 mg	**12%**	Fiber 1 g	**2%**	**Vitamin C**	**0%**	**Iron**	**5%**
Protein 3 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- 7 oz nonfat dry milk and 1¾ qt water may be substituted for fluid milk. Combine dry milk with other dry ingredients. Increase shortening to 1 lb 6 oz.

Variations

- **Buttermilk Biscuits.** Substitute cultured buttermilk (or 7 oz dry buttermilk and 1¾ qt water) for milk. Add 1 Tbsp baking soda to dry ingredients.
- **Butterscotch Biscuits.** Divide dough into eight parts. Roll each part into a rectangle ¼ inch thick. Spread with melted margarine or butter and brown sugar. Roll the dough as for jelly roll. Cut off slices ¾ inch thick. Bake at 375°F for 15 minutes.
- **Cheese Biscuits.** Reduce shortening to 1 lb and add 1 lb grated cheddar cheese.
- **Cinnamon Raisin Biscuits.** Substitute 2 lb 8 oz margarine for shortening. Combine 8 oz sugar and 2½ Tbsp cinnamon with dry ingredients. Add 1 lb 12 oz raisins to mixture after margarine has been mixed in. When baked, ice with Powdered Sugar Glaze (p. 196).
- **Drop Biscuits.** Increase milk to 2 qt. Drop by spoon or No. 30 dipper onto greased baking sheets.

- **Orange Biscuits.** Proceed as for Butterscotch Biscuits. Spread with orange marmalade.
- **Raisin Biscuits.** Reduce shortening to 14 oz and use ½ cup less milk; add 4 whole eggs, beaten, 3 Tbsp grated orange rind, 8 oz sugar, and 8 oz chopped raisins.
- **Scotch Scones.** Add 10 oz sugar and 7 oz currants to dry ingredients. Add 5 eggs, beaten, mixed with the milk. Cut dough in squares and then cut diagonally to form triangles. Brush lightly with milk before baking. (See Exhibit V in the color insert.)
- **Shortcake.** Increase shortening to 1 lb 12 oz. Add 8 oz sugar.
- **Whole Wheat Biscuits.** Substitute 2 lb whole wheat flour for 2 lb all-purpose flour.

BASIC MUFFINS (CAKE METHOD)

Yield: 50 3-oz muffins or 70 2¼-oz muffins
Oven: 350°F *Bake:* 18–20 minutes

Ingredient	*Amount*	*Procedure*
Sugar, granulated Shortening	1 lb 3 oz 14 oz	Cream sugar and shortening until fluffy, about 10 minutes, using flat beater.
Eggs	5 (9 oz)	Add eggs slowly to creamed mixture. Mix until blended. Scrape sides of bowl.
Flour, all-purpose Baking powder Salt	3 lb 3 oz 3 oz 1 Tbsp	Combine dry ingredients.
Milk Vanilla	1½ qt 1 Tbsp	Add milk and vanilla alternately with dry ingredients to creamed mixture. Do not overmix.
		Grease bottoms of muffin pans or line with paper baking cups. Portion batter into pans with No. 12 dipper for 3-oz muffins or No. 16 dipper for 2¼-oz muffins. Bake at 350°F for 18–20 minutes.

Approximate nutritive values per portion **Calories** 245

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 10 g	**15%**	**Cholest.** 26 mg	**9%**	**Total Carb.** 35 g	**12%**	**Vitamin A**	**2%**	**Calcium**	**14%**
Sat. Fat 3 g	**14%**	**Sodium** 320 mg	**13%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 5 g				Sugars 12 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- 6 oz nonfat dry milk and 1½ qt water may be substituted for fluid milk. Combine dry milk with flour.

Variations

- **Chocolate Chip Muffins.** Add 1 lb chocolate chips to batter.
- **Coconut Muffins.** Add 1 lb flaked coconut to batter.
- **Honey Streusel Topping for Muffins.** Combine 8 oz brown sugar, 8 oz margarine or butter, 2 Tbsp honey, and ¼ tsp salt. Stir in 1 lb all-purpose flour. Sprinkle on top of muffins before baking.
- For other variations, see Basic Muffins (Muffin method), p. 112.

BASIC MUFFINS (MUFFIN METHOD)

Yield: 50 muffins *Portion:* 2¼ oz
Oven: 400°F *Bake:* 20–25 minutes

Ingredient	*Amount*	*Procedure*
Flour, all-purpose	2 lb 8 oz	Combine dry ingredients in mixer bowl.
Baking powder	2 oz	Blend on low speed for 10 seconds, using flat beater.
Salt	1 Tbsp	
Sugar, granulated	6 oz	
Eggs, beaten	4 (7 oz)	Combine eggs, milk, and melted shortening.
Milk	1½ qt	Add to dry ingredients. Mix on low speed only long enough to blend, about 15 seconds.
Oil or melted shortening	8 oz (1 cup)	Batter will still be lumpy.
		Portion batter with No. 16 dipper into greased muffin pans, about ⅔ full. Batter should be dipped all at once with as little handling as possible. The dipped muffin batter may be refrigerated for up to 24 hours and baked as needed. See Notes.
		Bake at 400°F for 20–25 minutes, or until golden brown.
		Remove muffins from pans as soon as baked.

Approximate nutritive values per portion **Calories** 161

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 6 g	**9%**	**Cholest.** 21 mg	**7%**	**Total Carb.** 22 g	**7%**	**Vitamin A**	**1%**	**Calcium**	**11%**
Sat. Fat 2 g	**10%**	**Sodium** 261 mg	**11%**	Fiber 1 g	**2%**	**Vitamin C**	**0%**	**Iron**	**6%**
Protein 4 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 6 oz nonfat dry milk and 1½ qt water may be substituted for fluid milk. Combine dry milk with other dry ingredients. Increase fat to 9 oz.
- No. 24 dipper yields 6½ dozen muffins.
- For best results, bake muffins immediately. If refrigerated, let come to room temperature before baking or they will have peaks formed or exploding tops.
- If adding acidic fruits, bake immediately. Acidic fruits will affect the leavening action.

Variations

- **Apple Muffins.** Add 1 lb chopped, peeled apples. Fold into batter.
- **Apricot Muffins.** Add 1 lb cooked apricots, drained and chopped. Fold into batter.
- **Blueberry Muffins.** Carefully fold 1 lb well-drained blueberries into the batter. Increase sugar to 10 oz. Bake immediately.
- **Cherry Muffins.** Add 1 lb well-drained, cooked cherries. Fold into batter.
- **Cornmeal Muffins.** Substitute 1 lb white cornmeal for 1 lb flour.
- **Cranberry Muffins.** Sprinkle 4 oz granulated sugar over 1 lb chopped raw cranberries. Fold into batter. Bake immediately.
- **Currant Muffins.** Add 8 oz chopped currants. Fold into batter.
- **Date Muffins.** Add 1 lb chopped dates. Fold into batter.
- **Jelly Muffins.** Drop ¼–½ tsp jelly on top of each muffin just before placing in the oven.
- **Nut Muffins.** Add 10 oz chopped nuts. Fold into batter.
- **Raisin Nut Muffins.** Add 6 oz chopped nuts and 6 oz chopped raisins. Fold into batter.
- **Spiced Muffins.** Add 1½ tsp cinnamon, 1 tsp ginger, and ½ tsp allspice to dry ingredients.
- **Whole Wheat Muffins.** Substitute 12 oz whole wheat flour for 12 oz white flour. Add ¼ cup molasses with liquid ingredients.

BANANA WHOLE WHEAT MUFFINS

Yield: 50 muffins *Portion:* 2¼ oz.
Oven: 350°F *Bake:* 35–40 minutes

Ingredient	*Amount*	*Procedure*
Sugar, granulated	1 lb 9 oz	Cream sugar and shortening on medium speed until fluffy, using flat beater.
Shortening	13 oz	
Eggs	7 (12 oz)	Add eggs and vanilla to creamed mixture and mix thoroughly.
Vanilla	1 Tbsp	Scrape sides of bowl.
Bananas, mashed	2 lb 11 oz	Add bananas. Mix on medium speed for 10 minutes.
Flour, whole wheat	10 oz	Combine dry ingredients.
Flour, all-purpose	1 lb 8 oz	Add to banana mixture.
Baking soda	3½ tsp	Mix on low speed only until blended. Scrape sides of bowl as needed.
Salt	1½ tsp	Portion batter into greased muffin pans with No. 16 dipper.
		Bake at 350°F for 35–40 minutes.

Approximate nutritive values per portion **Calories** 224

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 8 g	**13%**	**Cholest.** 29 mg	**10%**	**Total Carb.** 35 g	**12%**	**Vitamin A**	**1%**	**Calcium**	**0%**
Sat. Fat 2 g	**11%**	**Sodium** 161 mg	**7%**	Fiber 1 g	**4%**	**Vitamin C**	**3%**	**Iron**	**5%**
Protein 3 g				Sugars 18 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation • **Banana Muffins.** Delete whole wheat flour. Increase all-purpose flour to 2 lb 2 oz.

OATMEAL MUFFINS

Yield: 50 muffins *Portion:* 2¼ oz
Oven: 400°F *Bake:* 15–20 minutes

Ingredient	*Amount*	*Procedure*
Rolled oats	14 oz	Combined rolled oats and buttermilk in mixer bowl. Let stand 1 hour.
Buttermilk	1¼ qt	
Eggs, beaten	5 (9 oz)	Combine eggs, sugar, and shortening.
Sugar, brown	1 lb 4 oz	Add to rolled-oat mixture. Mix 30 seconds.
Oil or melted shortening	1 lb	Scrape sides of bowl.
Flour, all-pupose	1 lb 4 oz	Combine dry ingredients.
Baking powder	5 tsp	Add to rolled-oat mixture. Mix on low speed only until dry ingredients are moistened, about 15 seconds.
Salt	2½ tsp	
Baking soda	2½ tsp	
		Portion batter with No. 16 dipper into greased muffin pans (⅔ full).
		Bake at 400°F for 15–20 minutes.
		Remove from pans as soon as baked.

Approximate nutritive values per portion **Calories** 213

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 10 g	**16%**	**Cholest.** 23 mg	**8%**	**Total Carb.** 26 g	**9%**	**Vitamin A**	**1%**	**Calcium**	**6%**
Sat. Fat 3 g	**13%**	**Sodium** 236 mg	**10%**	Fiber 0.3 g	**1%**	**Vitamin C**	**0%**	**Iron**	**6%**
Protein 4 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 4 oz dry buttermilk and 1¼ qt water may be substituted for liquid buttermilk.
- Flavor may be varied by the addition of 1 tsp cinnamon to the dry ingredients.
- No. 24 dipper yields 7 dozen muffins.

Variation

- **Oatmeal Fruit Muffins.** Add 1 lb raisins, chopped dates, or other fruit. Fold into batter.

POPPY SEED–YOGURT MUFFINS

Yield: 50 muffins *Portion:* 2¼ oz
Oven: 400°F *Bake:* 18–22 minutes

Ingredient	*Amount*	*Procedure*
Flour, all-purpose	2 lb 8 oz	Blend. Set aside for later step.
Poppy seeds	¼ cup	
Salt	2 tsp	
Baking soda	3½ tsp	
Sugar, granulated	1 lb 12 oz	Cream sugar and margaine on medium speed until light and fluffy, using flat beater.
Margarine	12 oz	
Eggs	1 lb (9)	Combine and add gradually to creamed mixture. Mix until smooth.
Vanilla	4 tsp	
Lemon juice	1½ tsp	
Yogurt, plain	2 lb 3 oz	Add yogurt alternately with dry ingredients from first step, blending after each addition. Portion into prepared muffin pans, using No. 16 dipper. Bake at 400°F for 18–22 minutes. Cool briefly before removing from pans.

Approximate nutritive values per portion **Calories** 222

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 7 g	**11%**	**Cholest.** 38 mg	**13%**	**Total Carb.** 35 g	**12%**	**Vitamin A**	**8%**	**Calcium**	**5%**
Sat. Fat 1 g	**7%**	**Sodium** 273 mg	**11%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**6%**
Protein 5 g				Sugars 16 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation

- **Glazed Poppy Seed–Yogurt Muffins.** Combine ¾ cup lemon juice and 2 Tbsp granulated sugar. Brush on baked muffins.

FRENCH BREAKFAST PUFFS

Yield: 50 puffs *Portion:* 2¼ oz
Oven: 350°F *Bake:* 20–25 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, granulated	1 lb 2 oz 1 lb 10 oz	Cream margarine and sugar on medium speed until light and fluffy, using flat beater.
Eggs	6 (10 oz)	Add eggs to creamed mixture. Blend on low speed, then beat on medium speed for 3–5 minutes.
Flour, all-purpose Baking powder Salt Nutmeg, ground Nonfat dry milk	2 lb 8 oz 2½ Tbsp 1 Tbsp 1½ tsp 3 oz	Combine dry ingredients.
Water	3⅓ cups	Add dry ingredients and water alternately, on low speed, to creamed mixture.
		Portion batter into greased muffin pans with No. 16 dipper. Bake at 350°F for 20–25 minutes.
Sugar, granulated Cinnamon, ground	1 lb 10 oz 2 Tbsp	Mix sugar and cinnamon.
Margarine, melted	1 lb 4 oz	When muffins are baked, remove from pans. Roll in melted margarine, then in sugar-cinnamon mixture.

Approximate nutritive values per portion **Calories** 368

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 18 g	**28%**	**Cholest.** 24 mg	**8%**	**Total Carb.** 48 g	**16%**	**Vitamin A**	**8%**	**Calcium**	**6%**
Sat. Fat 4 g	**18%**	**Sodium** 393 mg	**16%**	Fiber 1 g	**2%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 4 g				Sugars 30 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 3½ cups fluid milk may be used in place of the nonfat dry milk and water.
- For small, tea-sized muffins, dip batter with No. 40 dipper into small (1½-inch) muffin pans.

Variations

- **Apple Nut Muffins.** Add 1 lb chopped apples and 8 oz chopped nuts.
- **Plain Cake Muffins.** Delete nutmeg. Do not roll in sugar and cinnamon.

BISHOP'S BREAD

Yield: 64 portions or 2 pans 12 × 18 × 2 inches *Portion:* 3 × 2¼ inches
Oven: 365°F *Bake:* 35–45 minutes

Ingredient	*Amount*	*Procedure*
Shortening Sugar, brown	1 lb 3 lb 2 oz	Cream shortening and sugar on medium speed for 5 minutes, using flat beater.
Flour, all-purpose Salt Cinnamon, ground	2 lb 14 oz 2 tsp 1 Tbsp	Combine flour, salt, and cinnamon. Add to creamed mixture and mix until well blended. Remove 1 lb 12 oz of the mixture to sprinkle on top later.
Flour, all-purpose Baking powder Baking soda	1 lb 2 oz 5 tsp 1½ tsp	Combine flour, baking powder, and soda.
Eggs, beaten Buttermilk	5 (9 oz) 1½ qt	Combine eggs and buttermilk. Add alternately with dry ingredients to creamed mixture. Scrape sides of bowl. Mix on low speed about 30 seconds. (Batter will not be smooth.)
		Scale batter into two greased 12 × 18 × 2-inch baking pans, 5 lb per pan. Sprinkle 14 oz of the reserved topping over batter in each pan. Bake at 365°F for 35–45 minutes. Cut 4 × 8.

Approximate nutritive values per portion **Calories** 265

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 8 g	**12%**	**Cholest.** 18 mg	6%	**Total Carb.** 44 g	**15%**	**Vitamin A**	**0%**	**Calcium**	**6%**
Sat. Fat 2 g	**10%**	**Sodium** 157 mg	**7%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**10%**
Protein 4 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions 3 × 2½ inches.
- 4 oz dry buttermilk and 1 qt water may be substituted for fluid buttermilk.

BLUEBERRY COFFEE CAKE

Yield: 64 portions or 2 pans 12 × 18 × 2 inches *Portion:* 3 × 2¼ inches
Oven: 350°F *Bake:* 45 minutes

Ingredient	*Amount*	*Procedure*
Sugar, brown Sugar, granulated Flour, all-purpose Cinnamon, ground Margarine, soft	12 oz 4 oz 4 oz 2 tsp 4 oz	Combine sugars, flour, cinnamon, and margarine. Mix on low speed to a coarse crumb consistency, about 5 minutes, using flat beater. Set aside for final step.
Shortening Sugar, granulated	14 oz 2 lb 10 oz	Cream shortening and sugar on medium speed for about 10 minutes.
Eggs	7 (12 oz)	Add eggs to creamed mixture and continue mixing, 3–5 minutes.
Flour, all-purpose Baking powder Salt	3 lb 6 oz 2 oz 1 Tbsp	Combine flour, baking powder, and salt.
Milk	3½ cups	Add dry ingredients and milk alternately to creamed mixture. Mix on low speed for 3 minutes. Scrape sides of bowl. Mix on medium speed 10 seconds.
Blueberries, frozen or canned (well-drained and rinsed)	2 lb	Carefully fold blueberries into batter. (Berries may be sprinkled on top of batter.)
		Scale into two greased 12 × 18 × 2-inch baking pans, 4 lb 12 oz per pan. Crumble topping mixture evenly over top of batter, 10 oz per pan. Bake at 350°F for 45 minutes. Cut 4 × 8.

Approximate nutritive values per portion **Calories** 220

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 9 g	**14%**	**Cholest.** 24 mg	**8%**	**Total Carb.** 31 g	**10%**	**Vitamin A**	**2%**	**Calcium**	**8%**
Sat. Fat 2 g	**12%**	**Sodium** 222 mg	**9%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**8%**
Protein 4 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions 3 × 2½ inches.
- 3 oz nonfat dry milk and 3½ cups water may be substituted for fluid milk. Add dry milk to other dry ingredients. Increase shortening to 15 oz.
- After cake is baked, thin Powdered Sugar Glaze (p. 196) may be drizzled in a fine stream over the top to form an irregular design.
- Recipe can be used for blueberry muffins. Sprinkle blueberries on top.

DUTCH APPLE COFFEE CAKE

Yield: 64 portions or 2 pans 12 × 20 × 2-inch
Portion: 3 × 2½ inches
Oven: 365°F *Bake:* 50–60 minutes

Ingredient	*Amount*	*Procedure*
Sugar, granulated Shortening Eggs	2 lb 8 oz 12 oz 8 (14 oz)	Cream sugar, shortening, and eggs on medium speed for 10 minutes, using flat beater.
Flour, all-purpose Baking powder Salt	2 lb 8 oz 2 oz 2 tsp	Combine dry ingredients and mix until well blended.
Milk	1 qt	Add milk and dry ingredients alternately to creamed mixture. Mix on low speed for 3 minutes. Scrape sides of bowl. Mix on medium speed for 10 seconds.
Apples, frozen or canned Margarine, melted Sugar, granulated Cinnamon, ground	2 lb 8 oz 2 oz 1 lb 2 oz 2 Tbsp	Drain apples and chop. Combine with margarine, sugar, and cinnamon.
		Scale batter into two greased 12 × 20 × 2-inch baking pans, 4 lb 6 oz per pan. Spread 1 lb 14 oz apple mixture over batter in each pan. Bake at 365°F for 50–60 minutes. Cut 4 × 8.

Approximate nutritive values per portion **Calories** 246

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 7 g	**11%**	**Cholest.** 28 mg	**9%**	**Total Carb.** 43 g	**14%**	**Vitamin A**	**2%**	**Calcium**	**8%**
Sat. Fat 2 g	**10%**	**Sodium** 180 mg	**8%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**5%**
Protein 3 g				Sugars 26 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Cake batter may be mixed and panned the day before using. Refrigerate overnight, then add topping and bake.
- 4 oz nonfat dry milk and 1 qt water may be substituted for fluid milk.

COFFEE CAKE

Yield: 64 portions or 2 pans 12 × 18 × 2 inches *Portion:* 3 × 2¼ inches
Oven: 350°F *Bake:* 25 minutes

Ingredient	*Amount*	*Procedure*
Margarine	10 oz	Place margarine, sugar, flour, cinnamon, and salt in mixer bowl.
Sugar, granulated	1 lb 4 oz	
Flour, all-purpose	3 oz	Mix on low speed until crumbly, using flat beater. Set aside, to be used later as topping.
Cinnamon, ground	1 oz	
Salt	1½ tsp	
Flour, all-purpose	3 lb 6 oz	Combine dry ingredients in mixer bowl.
Baking powder	2 oz	
Sugar, granulated	2 lb	
Salt	1⅔ Tbsp	
Eggs, beaten	6 (10 oz)	Combine eggs and milk.
Milk	1¼ qt	Add to dry ingredients.
		Mix on low speed until dry ingredients are just moistened.
Shortening, melted and cooled	1 lb 10 oz	Add shortening and mix on low speed for 1 minute.
		Scale dough into two greased 12 × 18 × 2-inch baking pans, 4 lb 2 oz per pan.
		Sprinkle with reserved topping mixture, 1 lb per pan.
		Bake at 350°F for 25 minutes or until done.
		Cut 4 × 8.

Approximate nutritive values per portion **Calories** 335

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 16 g	**25%**	**Cholest.** 21 mg	**7%**	**Total Carb.** 44 g	**15%**	**Vitamin A**	**2%**	**Calcium**	**9%**
Sat. Fat 4 g	**21%**	**Sodium** 363 mg	**15%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 4 g				Sugars 24 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 5 oz nonfat dry milk and 1¼ qt water may be substituted for the fluid milk. Combine dry milk with other dry ingredients. Increase shortening to 1 lb 12 oz.
- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions 3 × 2½ inches.
- If used for breakfast, may be mixed and panned the day before. Refrigerate until morning, then bake. Allow 5–10 minutes extra time because batter will be cold.

WALNUT COFFEE CAKE

Yield: 4 cakes *Portion:* 16 slices per cake
Oven: 350°F *Bake:* 45–50 minutes

Ingredient	*Amount*	*Procedure*
Sugar, granulated Margarine	3 lb 1 lb	Cream sugar and margarine on medium speed until light and fluffy, using flat beater.
Eggs Vanilla	16 (1 lb 12 oz) 1 Tbsp	Add eggs slowly to creamed mixture, beating well after each addition. Add vanilla.
Flour, all-purpose Baking powder Salt	3 lb 4 Tbsp 2 tsp	Mix flour, baking powder, and salt together.
Milk	1 qt	Add milk alternately with dry ingredients to creamed mixture. Combine thoroughly after each addition.
Sugar, brown Margarine Flour, all-purpose Cinnamon, ground Walnuts, chopped	2 lb 4 oz 2 oz 1 Tbsp 1 lb	Combine brown sugar, margarine, flour, cinnamon, and walnuts for crumb mixture.
		Scale 1 lb 4 oz batter into each of 4 greased 10-inch tube pans. Sprinkle 6 oz crumb mixture over batter. Spread with 1 lb 4 oz batter. Top with 6 oz crumb mixture. Bake at 350°F for 45–50 minutes. Cool slightly. Remove from pans. Ice with Powdered Sugar Glaze (p. 196) if desired. Slice 16 servings per cake.

Approximate nutritive values per portion **Calories** 350

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 13 g	**20%**	**Cholest.** 54 mg	**18%**	**Total Carb.** 54 g	**18%**	**Vitamin A**	**12%**	**Calcium**	**8%**
Sat. Fat 2 g	**11%**	**Sodium** 193 mg	**8%**	Fiber 1 g	**4%**	**Vitamin C**	**0%**	**Iron**	**9%**
Protein 6 g				Sugars 21 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • 4 oz nonfat dry milk and 1 qt water may be substituted for the fluid milk.

CORN BREAD

Yield: 64 portions or 2 pans 12 × 18 × 2 inches *Portion:* 3 × 2¼ inches
Oven: 350°F *Bake:* 35 minutes

Ingredient	*Amount*	*Procedure*
Cornmeal, yellow	2 lb 3 oz	Combine dry ingredients in mixer bowl.
Flour, all-purpose	2 lb 5 oz	Blend on low speed, using flat beater.
Baking powder	3½ oz	
Salt	2½ Tbsp	
Sugar, granulated	10 oz	
Eggs, beaten	9 (1 lb)	Combine eggs, milk, and shortening.
Milk	1¾ qt	Add to dry ingredients. Mix on low speed only until dry ingredients are moistened.
Shortening, melted and cooled	10 oz	
		Scale batter into two greased 12 × 18 × 2-inch baking pans, 5 lb per pan.
		Bake at 350°F for 35 minutes.
		Cut 4 × 8.

Approximate nutritive values per portion **Calories** 196

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 7 g	**10%**	**Cholest.** 34 mg	**11%**	**Total Carb.** 30 g	**10%**	**Vitamin A**	**3%**	**Calcium**	**13%**
Sat. Fat 2 g	**10%**	**Sodium** 432 mg	**18%**	Fiber 3 g	**11%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 5 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 7 oz nonfat dry milk and 1¾ qt water may be substituted for fluid milk. Mix dry milk with other dry ingredients. Increase shortening to 11 oz.
- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions 3 × 3½ inches.
- May be baked in corn stick or muffin pans. Reduce baking time to 15–20 minutes.
- White cornmeal may be used.

SPOON BREAD

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 4 oz
Oven: 350°F *Bake:* 45–60 minutes

Ingredient	*Amount*	*Procedure*
Milk	5¾ qt	Scald milk by heating to point just below boiling.
Cornmeal, yellow	1 lb 12 oz	Add cornmeal and salt to milk, stirring briskly with a wire whip.
Salt	1 oz (1½ Tbsp)	Cook 10 minutes, or until thick.
Eggs, beaten	25 (2 lb 12 oz)	Add eggs slowly to cornmeal mixture, while stirring.
Margarine, melted	6 oz	Add margarine and baking powder to cornmeal mixture.
Baking powder	2 oz	Stir to blend.
		Pour batter into two greased 12 × 20 × 2-inch baking pans, 8 lb per pan.
		Place in pans of hot water.
		Bake at 250°F for 45–60 minutes or until set.

Approximate nutritive values per portion **Calories** 190

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 10g	**15%**	**Cholest.** 122 mg	**41%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**10%**	**Calcium**	**22%**
Sat. Fat 4 g	**19%**	**Sodium** 430 mg	**18%**	Fiber 2 g	**10%**	**Vitamin C**	**1%**	**Iron**	**5%**
Protein 8 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Serve with crisp bacon, Creamed Chicken (p. 450), or Creamed Ham (p. 355).

BOSTON BROWN BREAD

Yield: 64 portions or 8 round loaves, 3¼ × 4½ inches *Portion:* ½-inch slice
Steam Pressure: 5 lb *Steam:* 1¼–1½ hours

Ingredient	*Amount*	*Procedure*
Cornmeal, yellow	1 lb	Combine dry ingredients in mixer bowl.
Flour, whole wheat	12 oz	Blend on low speed for 10 seconds, using flat beater.
Flour, all-purpose	12 oz	
Salt	1 oz (1½ Tbsp)	
Baking soda	1½ Tbsp	
Buttermilk	1½ qt	Blend buttermilk and molasses.
Molasses	2¼ cups	Add all at once to dry ingredients.
		Mix on low speed only until ingredients are blended.
		Fill eight greased 3¼ × 4½-inch cans ¾ full.
		Cover tightly with aluminum foil.
		Steam for 1¼–1½ hours.
		Cut eight slices per loaf.

Approximate nutritive values per portion **Calories** 99

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 1 g	**1%**	**Cholest.** 1 mg	**0.3%**	**Total Carb.** 21 g	**7%**	**Vitamin A**	**0%**	**Calcium**	**10%**
Sat. Fat 0.2 g	**0.9%**	**Sodium** 275 mg	**11%**	Fiber 1 g	**6%**	**Vitamin C**	**0%**	**Iron**	**14%**
Protein 2 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 12 oz raisins may be added.
- May be baked as loaves. Add 3 Tbsp melted fat. Scale into three 5 × 9-inch loaf pans, 2 lb 8 oz per pan. Bake at 375°F for 1 hour.

NUT BREAD

Yield: 80 portions or 5 loaves 5 × 9 inches *Portion:* ½-inch slice
Oven: 350°F *Bake:* 50 minutes

Ingredient	*Amount*	*Procedure*
Flour, all-purpose	3 lb	Combine dry ingredients and nuts in mixer bowl.
Baking powder	1 oz	Mix on low speed until blended, using flat beater.
Salt	1 Tbsp	
Sugar, granulated	1 lb 8 oz	
Pecans or walnuts, chopped	1 lb	
Eggs, beaten	6 (10 oz)	Combine eggs, milk, and shortening.
Milk	1½ qt	Add to dry ingredients.
Oil or melted shortening	4 oz	Mix on low speed only until blended.
		Scale batter into five greased loaf pans (5 × 9 × 2¾ inches), approximately 1 lb 14 oz per pan.
		Bake at 350°F for about 50 minutes. Cut 16 slices per loaf.

Approximate nutritive values per portion **Calories** 159

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 6 g	**9%**	**Cholest.** 18 mg	**6%**	**Total Carb.** 23 g	**8%**	**Vitamin A**	**1%**	**Calcium**	**5%**
Sat. Fat 1 g	**5%**	**Sodium** 129 mg	**5%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**5%**
Protein 4 g				Sugars 10 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- 5 oz nonfat dry milk and 1½ qt water may be substituted for fluid milk. Combine dry milk with other dry ingredients. Increase shortening to 6 oz.

DATE NUT BREAD

Yield: 64 portions or 4 loaves 5 × 9 inches *Portion:* ½-inch slice
Oven: 350°F *Bake:* 50 minutes

Ingredient	*Amount*	*Procedure*
Dates, chopped	1 lb 8 oz	Add water and soda to dates. Let stand 20 minutes.
Baking soda	1½ Tbsp	
Water, boiling	3¼ cups	
Shortening	3 oz	Cream shortening and sugar on medium speed for 5 minutes, using flat beater.
Sugar, granulated	1 lb 12 oz	
Eggs	4 (7 oz)	Add eggs and vanilla to creamed mixture. Mix on medium speed for 2 minutes.
Vanilla	1½ Tbsp	
Flour, all-purpose	2 lb	Combine flour, salt, and nuts.
Salt	1½ tsp	Add alternately with dates to creamed mixture.
Pecans or walnuts, chopped	8 oz	Scale batter into four greased loaf pans (5 × 9 × 2¾ inches), approximately 2 lb per pan.
		Bake at 350°F for about 50 minutes. Cut 16 slices per loaf.

Approximate nutritive values per portion **Calories** 168

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 4 g	6%	**Cholest.** 13 mg	4%	**Total Carb.** 32 g	11%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 1 g	3%	**Sodium** 144 mg	6%	Fiber 1 g	6%	**Vitamin C**	0%	**Iron**	5%
Protein 3 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

BANANA NUT BREAD

Yield: 64 portions or 4 loaves 5 × 9 inches *Portion:* ½-inch slice
Oven: 350°F *Bake:* 50 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, granulated	10 oz 1 lb 10 oz	Cream margarine and sugar on medium speed for 5 minutes, using flat beater.
Eggs	5 (9 oz)	Add eggs to creamed mixture. Beat 2 minutes.
Bananas, mashed	1 lb 10 oz	Add bananas. Beat 1 minute.
Flour, all-purpose Baking powder Salt Baking soda Pecans or walnuts, chopped	2 lb 4 Tbsp 2 tsp ½ tsp 8 oz	Combine dry ingredients and nuts.
Milk	¾ cup	Add dry ingredients and milk to creamed mixture. Mix on low speed for 1 minute.
		Scale batter into four greased loaf pans (5 × 9 × 2¾ inches), approximately 2 lb per pan. Bake at 350°F for 50 minutes. Cut 16 slices per loaf.

Approximate nutritive values per portion **Calories** 171

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 7 g	10%	**Cholest.** 17 mg	6%	**Total Carb.** 26 g	9%	**Vitamin A**	2%	**Calcium**	4%
Sat. Fat 1 g	6%	**Sodium** 175 mg	7%	Fiber 1 g	3%	**Vitamin C**	1%	**Iron**	4%
Protein 2 g				Sugars 14 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

CRANBERRY NUT BREAD

Yield: 80 portions or 5 loaves 5 × 9 inches *Portion:* ½-inch slice
Oven: 350°F *Bake:* 50 minutes

Ingredient	*Amount*	*Procedure*
Cranberries, raw	1 lb 4 oz	Wash and sort cranberries.
Orange peel	7 oz	Coarsely grind cranberries and orange peel.
Flour, all-purpose	2 lb 8 oz	Combine dry ingredients in mixer bowl.
Sugar, granulated	2 lb 4 oz	Blend on low speed for 10 seconds or until mixed, using flat beater.
Baking powder	1 oz	
Salt	2 tsp	
Baking soda	2 tsp	
Eggs, beaten	5 (9 oz)	Combine and add to dry ingredients.
Orange juice	1½ cups	Mix on low speed only until dry ingredients are moistened.
Water	3¾ cups	
Vegetable oil	½ cup	
Pecans or walnuts, chopped	1 lb	Add nuts and cranberry mixture to batter. Mix on low speed until blended. Batter may be lumpy.
		Scale batter into five greased loaf pans (5 × 9 × 2¾ inches), approximately 2 lb per pan. Bake at 350°F for about 50 minutes. Cut 16 slices per loaf.

Approximate nutritive values per portion **Calories** 164

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 6 g	**9%**	**Cholest.** 14 mg	**5%**	**Total Carb.** 27 g	**9%**	**Vitamin A**	**0%**	**Calcium**	**3%**
Sat. Fat 1 g	**4%**	**Sodium** 125 mg	**5%**	Fiber 1 g	**5%**	**Vitamin C**	**10%**	**Iron**	**4%**
Protein 2 g				Sugars 13 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

PUMPKIN BREAD

Yield: 80 portions or 5 loaves 5 × 9 inches *Portion:* ½-inch slice
Oven: 350°F *Bake:* 50 minutes

Ingredient	*Amount*	*Procedure*
Sugar, granulated	2 lb 12 oz	Combine sugar, oil, pumpkin, and eggs in mixer bowl.
Vegetable oil	2 cups	Cream on medium speed for 10 minues, using flat beater.
Pumpkin, canned	2 lb 6 oz	Scrape sides of bowl and beater.
Eggs	9 (15 oz)	
Flour, all-purpose	2 lb 2 oz	Combine dry ingredients.
Baking soda	4 tsp	
Baking powder	2 tsp	
Salt	1 Tbsp	
Cinnamon, ground	1 Tbsp	
Nutmeg, ground	1 tsp	
Water	1¼ cups	Add dry ingredients and water alternately to creamed mixture. Mix 3 minutes on low speed. Scrape sides of bowl.
		Scale batter into five greased loaf pans (5 × 9 × 2¾ inches), approximately 1 lb 15 oz per pan.
		Bake at 350°F for 50 minutes or until done.
		Cool 30 minutes before removing from pans.
		Cut 16 slices per loaf.

Approximate nutritive values per portion **Calories** 165

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 6 g	**9%**	**Cholest.** 23 mg	**8%**	**Total Carb.** 26 g	**9%**	**Vitamin A**	**30%**	**Calcium**	**1%**
Sat. Fat 2 g	**8%**	**Sodium** 158 mg	**7%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**4%**
Protein 2 g				Sugars 15 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- 8 oz raisins or chopped nuts may be added.

PANCAKES

Yield: 7 qt batter of 100 cakes (50 portions) *Portion:* 2 4-inch cakes

Ingredient	*Amount*	*Procedure*
Flour, all-purpose	4 lb 8 oz	Place dry ingredients in mixer bowl.
Baking powder	4 oz	Mix on low speed until well blended, using flat beater.
Salt	2 Tbsp	
Sugar, granulated	12 oz	
Eggs	12 (1 lb 5 oz)	In another bowl, beat eggs until light.
Milk	3½ qt	Add milk and melted shortening to eggs.
Shortening, melted and cooled, or vegetable oil	12 oz	Add to dry ingredients. Mix on low speed for 30 seconds.
		If necessary, thin with milk.
		Refrigerate batter, removing from refrigerator small amounts as needed.
		Use No. 16 dipper to place batter on griddle, which has been preheated to 350°F.
		Cook until surface of cake is full of bubbles and golden brown.
		Turn pancakes and finish cooking.

Approximate nutritive values per portion **Calories** 297

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 11 g	**16%**	**Cholest.** 60 mg	**20%**	**Total Carb.** 42 g	**14%**	**Vitamin A**	**4%**	**Calcium**	**23%**
Sat. Fat 4 g	**18%**	**Sodium** 532 mg	**22%**	Fiber 1 g	**4%**	**Vitamin C**	**1%**	**Iron**	**11%**
Protein 8 g				Sugars 11 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Keep batter at an internal temperature below 41°F.
- 14 oz nonfat dry milk and 3½ qt water may be substituted for the fluid milk. Add dry milk to other dry ingredients. Increase shortening to 1 lb.

Variations

- **Apple Pancakes.** Add 1 lb chopped cooked apples and 1 tsp cinnamon or nutmeg.
- **Blueberry Pancakes.** Fold 1 lb individually quick frozen (IQF) blueberries or well-drained and rinsed canned blueberries carefully into batter after cakes are mixed. Handle carefully to avoid mashing berries. If a large batch is being prepared, add berries to a small portion of the batter at one time. Serve with Blueberry Syrup, p. 588.
- **Buttermilk Pancakes.** Substitute buttermilk for milk. Add 1 Tbsp baking soda to dry ingredients; 14 oz dry buttermilk and 3½ qt water may be substituted for fluid buttermilk. Add dry buttermilk and soda to other dry ingredients. Increase shortening to 1 lb.
- **Pecan Pancakes.** Add 1 lb chopped pecans.
- **Silver Dollar Pancakes.** Portion 1–2 Tbsp of batter onto hot grill and cook as directed above. Garnish with powdered sugar sprinkled on top of pancakes and fresh blueberries or raspberries.

WHOLE WHEAT PANCAKES

Yield: 2½ gal batter or 100 cakes (50 portions) *Portion:* 2 cakes
Griddle: 350°F

Ingredient	*Amount*	*Procedure*
Flour, whole wheat	3 lb	Combine dry ingredients in mixer bowl. Mix, using flat beater, until blended.
Flour, all-purpose	2 lb 12 oz	
Sugar, granulated	8 oz	
Salt	2 oz (3 Tbsp)	
Baking powder	4 oz	
Baking soda	5½ tsp	
Nonfat dry milk	1 lb 2 oz	
Vegetable oil	3 cups	Add to dry ingredients, mixing just until large lumps disappear.
Water	1 gal + 2 cups	
Eggs	2 lb (18 eggs)	Refrigerate batter, removing from refrigerator small amounts as needed.
		Portion batter with No. 12 dipper onto greased preheated griddle.
		Bake until edges start to dry and bubbles appear on top surface.
		Flip and bake other side.

Approximate nutritive values per portion **Calories** 383

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 16 g	**24%**	**Cholest.** 79 mg	**26%**	**Total Carb.** 49 g	**16%**	**Vitamin A**	**10%**	**Calcium**	**29%**
Sat. Fat 4 g	**21%**	**Sodium** 832 mg	**35%**	Fiber 4 g	**16%**	**Vitamin C**	**0%**	**Iron**	**13%**
Protein 12 g				Sugars 11 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Keep batter at an internal temperature below 41°F.
- 1¼ gal fluid milk may be substituted for nonfat dry milk and water. Add milk along with vegetable oil and eggs.

PANCAKE MIX

Yield: 12 lb mix

Ingredient	*Amount*	*Procedure*
Flour, all-purpose	9 lb	Combine ingredients in mixer bowl.
Baking powder	8 oz	Blend well, using flat beater or whip.
Salt	¼ cup	Store in covered container.
Sugar, granulated	1 lb 8 oz	
Nonfat dry milk	1 lb 8 oz	

Variation

- **Buttermilk Pancake Mix.** Substitute 1 lb 8 oz dry buttermilk for nonfat dry milk and add 2 Tbsp baking soda.

PANCAKES FROM MIX

Ingredient	*30 cakes*	*50 cakes*	*100 cakes*	*200 cakes*
Pancake mix	2 lb	3 lb	6 lb	12 lb
Eggs, beaten	4 (7 oz)	6 (10 oz)	12 (1 lb 5 oz)	24 (2 lb 10 oz)
Water	1 qt	1½ qt	3 qt	1½ gal
Oil or melted shortening	4 oz	6 oz	12 oz	1 lb 8 oz

To use mix:

1. Weigh appropriate amount of mix (p. 129) as given in the table.
2. Add beaten eggs, water, and cooled melted fat.
3. Stir only until mix is dampened.
4. Place on hot griddle with No. 16 dipper.
5. Cook until cake is full of bubbles. Turn and finish cooking.

WAFFLES

Yield: 6 qt batter or 50–60 waffles *Portion:* 1 waffle

Ingredient	*Amount*	*Procedure*
Flour, all-purpose	3 lb	Combine dry ingredients in mixer bowl.
Baking powder	3 oz	Blend on low speed for 10 seconds, using flat beater.
Salt	2 Tbsp	
Sugar, granulated	4 oz	
Egg yolks	18 (11 oz)	Combine egg yolks, milk, and melted shortening.
Milk	2¼ qt	Add to dry ingredients.
Oil or melted shortening	1 lb (2 cups)	Mix on low speed just enough to moisten dry ingredients.
Egg whites	18 (1 lb 5 oz)	Beat egg whites until stiff but not dry. Fold into batter.
		Refrigerate batter, removing from refrigerator small amounts as needed.
		Use No. 10 dipper to place batter on preheated waffle iron.
		Bake about 4 minutes.

Approximate nutritive values per portion **Calories** 223

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 12 g	**18%**	**Cholest.** 78 mg	**26%**	**Total Carb.** 23 g	**8%**	**Vitamin A**	**12%**	**Calcium**	**15%**
Sat. Fat 3 g	**17%**	**Sodium** 428 mg	**18%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 6 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Keep batter at an internal temperature below 41°F.
- 9 oz nonfat dry milk and 2¼ qt water may be substituted for fluid milk. Mix dry milk with dry ingredients. Increase shortening to 1 lb 2 oz.

Variation

- **Pecan Waffles.** Add 6 oz chopped pecans.

CREPES

Yield: 50 portions or 5 qt batter *Portion:* 2 crepes

Ingredient	*Amount*	*Procedure*
Flour, all purpose Salt	2 lb 8 oz 1 oz (1½ Tbsp)	Combine flour and salt in mixer bowl.
Eggs	24 (2 lb 10 oz)	Beat eggs until fluffy.
Milk Margarine, melted	2¾ qt 6 oz	Add milk and margarine to eggs. Add to flour and mix until smooth. Batter will be thinner than pancake batter.
		Refrigerate batter, removing from refrigerator small amounts as needed. Portion batter with No. 20 (1¾ oz) dipper onto lightly greased hot griddle. Brown lightly on both sides. Crepes will roll best if they are not overbrowned. Stack, layered with waxed paper, until ready to use.

Approximate nutritive values per portion **Calories** 176

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 7 g	**11%**	**Cholest.** 109 mg	**36%**	**Total Carb.** 20 g	**7%**	**Vitamin A**	**7%**	**Calcium**	**8%**
Sat. Fat 2 g	**12%**	**Sodium** 281 mg	**12%**	Fiber 1 g	**2%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 7 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Keep batter at an internal temperature below 41°F.
- Crepes may be folded or rolled around desired filling. (See recipe for Chicken Crepes, p. 449).
- If used for dessert crepes, add 3 Tbsp sugar to dry ingredients. Fill with fruit filling.

CAKE DOUGHNUTS

Yield: 8 dozen doughnuts *Portion:* 1 doughnut
Deep-fat fryer: 375°F *Fry:* 3–4 minutes

Ingredient	*Amount*	*Procedure*
Eggs	6 (10 oz)	Beat eggs until light.
Sugar, granulated Oil or melted shortening	1 lb 4 oz 3 oz	Add sugar and melted shortening to eggs. Mix on medium speed about 10 minutes.
Flour, all-purpose Baking powder Salt Nutmeg, ground Ginger, ground Orange peel, grated	3 lb 4 oz 3 oz 2½ tsp 2 tsp ¼ tsp 1 Tbsp	Combine dry ingredients.
Milk	1 qt	Add dry ingredients and milk alternately to egg mixture. Mix to form a soft dough. Add more flour if dough is too soft to handle. Chill.
		Roll dough to ⅜-inch thickness on floured board or table. Cut with floured 2½-inch doughnut cutter. Fry in deep fat for 3–4 minutes.
Sugar, granulated	8 oz	Sprinkle with sugar when partially cool.

Approximate nutritive values per portion (plus frying fat) **Calories** 176

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 2 g	3%	**Cholest.** 14 mg	5%	**Total Carb.** 21 g	7%	**Vitamin A**	0%	**Calcium**	7%
Sat. Fat 1 g	3%	**Sodium** 153 mg	6%	Fiber 0.4 g	2%	**Vitamin C**	0%	**Iron**	4%
Protein 2 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- 4 oz nonfat dry milk and 1 qt water may be substituted for fluid milk. Mix dry milk with the dry ingredients. Increase shortening to 4 oz.

Variation
- **Chocolate doughnuts.** Substitute 2 oz cocoa for 2 oz flour.

DUMPLINGS

Yield: 50 portions *Portion:* 2 dumplings
Steam pressure: 5 lb *Steam:* 12–15 minutes

Ingredient	*Amount*	*Procedure*
Flour, all-purpose Baking powder Salt	2 lb 8 oz 3 oz (6 Tbsp) 2 Tbsp	Combine dry ingredients in mixer bowl. Mix on low speed until blended, using flat beater.
Eggs, beaten Milk	6 (10 oz) 5½ cups	Combine eggs and milk. Add to dry ingredients. Mix on low speed only until blended.
		Portion batter with No. 24 dipper, onto trays. Do not cover trays. Steam for 12–15 minutes.

Approximate nutritive values per portion **Calories** 109

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 2 g	3%	**Cholest.** 28 mg	9%	**Total Carb.** 19 g	6%	**Vitamin A**	2%	**Calcium**	10%
Sat. Fat 1 g	4%	**Sodium** 381 mg	16%	Fiber 1 g	2%	**Vitamin C**	0%	**Iron**	6%
Protein 4 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 5 oz nonfat dry milk and 5½ cups water may be substituted for the fluid milk. Add dry milk to other dry ingredients.
- Serve with meat stew or stewed chicken. Mixture may be dropped onto hot meat mixture in counter pans and steamed.

Variation

- **Spaetzles (Egg Dumplings).** Use 1 lb 4 oz flour, 1 tsp baking powder, 1½ tsp salt, 6 eggs, and 3 cups milk. Mix as above. Drop small bits of dough or press through a colander into 3 gal simmering soup. Cook approximately 5 minutes. Soup must be very hot to cook dumplings.

FRENCH TOAST

Yield: 50 slices *Portion:* 1 slice

Ingredient	*Amount*	*Procedure*
Eggs	24 (2 lb 10 oz)	Beat eggs.
Milk	1½ qt	Add milk, salt, and sugar to eggs. Mix well.
Salt	1 Tbsp	Refrigerate batter, removing from refrigerator small amounts as needed.
Sugar, granulated	4 oz	
Bread slices, day old	50	Dip bread into egg mixture. Do not let bread soak. (Care should be taken to avoid getting raw eggs on the cooked food.) Fry on a well-greased griddle or in deep fat at 360°F until golden brown. Serve sprinkled with powdered sugar.

Approximate nutritive values per portion (plus frying fat) **Calories** 124

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 4 g	7%	**Cholest.** 105 mg	35%	**Total Carb.** 15 g	5%	**Vitamin A**	5%	**Calcium**	6%
Sat. Fat 1 g	7%	**Sodium** 331 mg	14%	Fiber 3 g	11%	**Vitamin C**	0%	**Iron**	6%
Protein 6 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. Keep batter at an internal temperature below 41°F.

Variations

- **Batter-Fried French Toast.** Use 1-inch-thick bread slices. Cut into triangles or leave whole. Dip in mixture made from 18 eggs (2 lb), 1¼ qt milk, ⅓ cup vegetable oil, 2 lb 8 oz all-purpose flour, 1 oz (1½ Tbsp) salt, and 1 oz (2⅓ Tbsp) baking powder. Fry in deep fat at 350°–375°F until golden brown. Dredge in powdered sugar. Serve with warm maple syrup.
- **Cinnamon French Toast.** Add 1 tsp cinnamon to egg mixture.

FRITTERS

Yield: 50 portions *Portion:* 2 fritters
Deep-fat fryer: 375°F *Fry:* 4–6 minutes

Ingredient	*Amount*	*Procedure*
Flour, all-purpose	4 lb	Combine dry ingredients in mixer bowl.
Baking powder	4 oz	Mix on low speed for 10 seconds or until mixed, using flat beater.
Salt	1 Tbsp	
Sugar, granulated	2 oz	
Eggs, beaten	12 (1 lb 5 oz)	Combine eggs, milk, and melted shortening.
Milk	2 qt	Add to dry ingredients. Mix only enough to moisten dry ingredients.
Oil or melted shortening	6 oz (¾ cup)	
		Portion batter with No. 30 dipper into hot deep fat. Fry at 375°F for 4–6 minutes.
		Serve with syrup.

Approximate nutritive values per portion (plus frying fat) **Calories** 211

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 6 g	**10%**	**Cholest.** 56 mg	**19%**	**Total Carb.** 31 g	**10%**	**Vitamin A**	**3%**	**Calcium**	**20%**
Sat. Fat 2 g	**10%**	**Sodium** 390 mg	**16%**	Fiber 1 g	**4%**	**Vitamin C**	**0%**	**Iron**	**10%**
Protein 7 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Keep batter at an internal temperature below 41°F.
- 8 oz nonfat dry milk and 2 qt water may be substituted for fluid milk. Add dry milk to other ingredients.

Variations

- **Apple Fritters.** Add 3 lb tart raw apple, peeled and finely chopped, and 1 tsp cinnamon (optional).
- **Banana Fritters.** Add 3 lb bananas, mashed.
- **Corn Fritters.** Add 2 qt whole kernel corn, drained.
- **Fruit Fritters.** Add 1 qt drained fruit: peach, pineapple, or other fruit.
- **Green Chili Fritters.** Add 2 lb 8 oz chopped green chilies, drained. Serve with nacho sauce (Nachos, p. 80). Make ¼ recipe.

CHEESE STRAWS

Yield: 6 dozen 4 × 1-inch straws
Oven: 350°F *Bake:* 10–15 minutes

Ingredient	*Amount*	*Procedure*
Butter or margarine	6 oz	Cream butter on medium speed until soft.
Cheddar cheese, sharp, shredded	8 oz	Blend in cheese.
Flour, all-purpose	8 oz	Combine dry ingredients and add to cheese mixture on low speed.
Baking powder	2 tsp	
Salt	1 tsp	
Pepper, cayenne	¼ tsp	
Eggs, beaten	3	Add eggs and water, combined.
Water	2 Tbsp	Mix on low speed to form a stiff dough. Chill.
		Roll ¼ inch thick and cut into strips 4 inches long and 1 inch wide. Place on ungreased baking sheet.
		Bake at 350°F for 10–15 minutes.

Approximate nutritive values per portion **Calories** 44

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 3 g	**5%**	**Cholest.** 17 mg	**6%**	**Total Carb.** 3 g	**0.9%**	**Vitamin A**	**3%**	**Calcium**	**3%**
Sat. Fat 2 g	**10%**	**Sodium** 71 mg	**3%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**1%**
Protein 1 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations • **Caraway Cheese Straws.** Add 2 tsp caraway seeds to flour before mixing.

YEAST BREAD RECIPES

WHITE BREAD

Yield: 16 1½-lb loaves
Oven: 400°F *Bake:* 30–40 minutes

Ingredient	*Amount*	*Procedure*
Yeast, active dry	5 oz	Soften yeast in warm water.
Water, warm (110°F)	3 cups	Let stand 10 minutes.
Sugar, granulated	10 oz	Combine sugar, salt, dry milk, water, and shortening.
Salt	5 oz	Add softened yeast.
Nonfat dry milk	14 oz	Mix on medium speed until blended, using dough arm.
Water, lukewarm	1 gal	
Shortening, melted	12 oz	
Flour, all-purpose	15 lb	Add flour. Mix on low speed about 10 minutes or until dough is smooth and elastic and small blisters appear on the surface.

1. Let dough rise in a warm place (80°F) approximately 2 hours, or until double in bulk.
2. Punch down dough by pulling the dough up on all sides, folding over the center and pressing down, then turning over in the bowl. Shape into 16 loaves, 1 lb 8 oz each (Figure 4.1). Place in greased 5 × 9 × 2¾-inch loaf pans.
3. Let rise approximately 1½ hours, or until double in bulk.
4. Bake at 400°F for 30–40 minutes or until loaves are golden brown and sound hollow when tapped (Exhibit I in the color insert).
5. Brush tops of loaves with melted margarine or butter.

Approximate nutritive values per loaf **Calories** 1918

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 26 g	**39%**	**Cholest.** 4 mg	**1%**	**Total Carb.** 359 g	**120%**	**Vitamin A**	**17%**	**Calcium**	**39%**
Sat. Fat 6 g	**30%**	**Sodium** 3586 mg	**149%**	Fiber 14 g	**57%**	**Vitamin C**	**2%**	**Iron**	**117%**
Protein 56 g				Sugars 37 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 1¼ gal fresh milk may be substituted for the water and dry milk. Scald milk, combine with sugar, salt, and shortening. Cool to lukewarm before adding to other ingredients.
- The dough temperature should be about 80°F when mixed.
- Mixing may be simplified by combining dry yeast with sugar, salt, dry milk, and 2 lb of the flour. Mix thoroughly. In mixer bowl, combine very warm water (120°F) and shortening. Blend on low speed. Add yeast-flour mixture while mixing on low speed. Add remaining flour gradually, mixing until a smooth, elastic dough is formed.
- Shortening may be increased to 1 lb and sugar to 12 oz if a richer dough is desired.
- A variety of shapes may be made from the dough (Exhibits II, III, and IV in the color insert).

Variations

- **Buffet Submarine Buns.** Scale dough into 1-lb portions. Shape into 18-inch-long loaves. (See Figure 4.1 for shaping instructions.) Use for Submarine Sandwiches (p. 540).
- **Butter Slices.** Divide dough into thirds. Roll ⅓ inch thick. Cut with 3-inch biscuit cutter or shape into long rolls and cut into slices. Dip in melted margarine or butter. Stand pieces on edge in 5 × 9 × 2¾-inch loaf pans (8 pieces per pan). Let rise and bake.

- **Cinnamon Bread.** After dough has been divided and scaled into loaves, roll each into a rectangular sheet. Brush with melted margarine or shortening; sprinkle generously with cinnamon and sugar. Roll as for jelly roll. Seal edge of dough and place in greased loaf pans sealed edge down. Sprinkle top with cinnamon and sugar.
- **Raisin Bread.** Add 3 lb raisins to dough after mixing.
- **Sandwich Ring Bread.** Scale fermented dough into 11-oz balls and shape each ball into a 16-inch rope. Braid three ropes together and pinch ends to seal. Shape braided ropes into a 15-inch circle with a 5-inch center hole (work ends together to form a smooth ring). Proof ring in a warm place until double in bulk (30–40 minutes). Bake at 375°F until done (about 20 minutes).
- **Whole Wheat Bread.** Substitute whole wheat flour for half of the all-purpose flour.

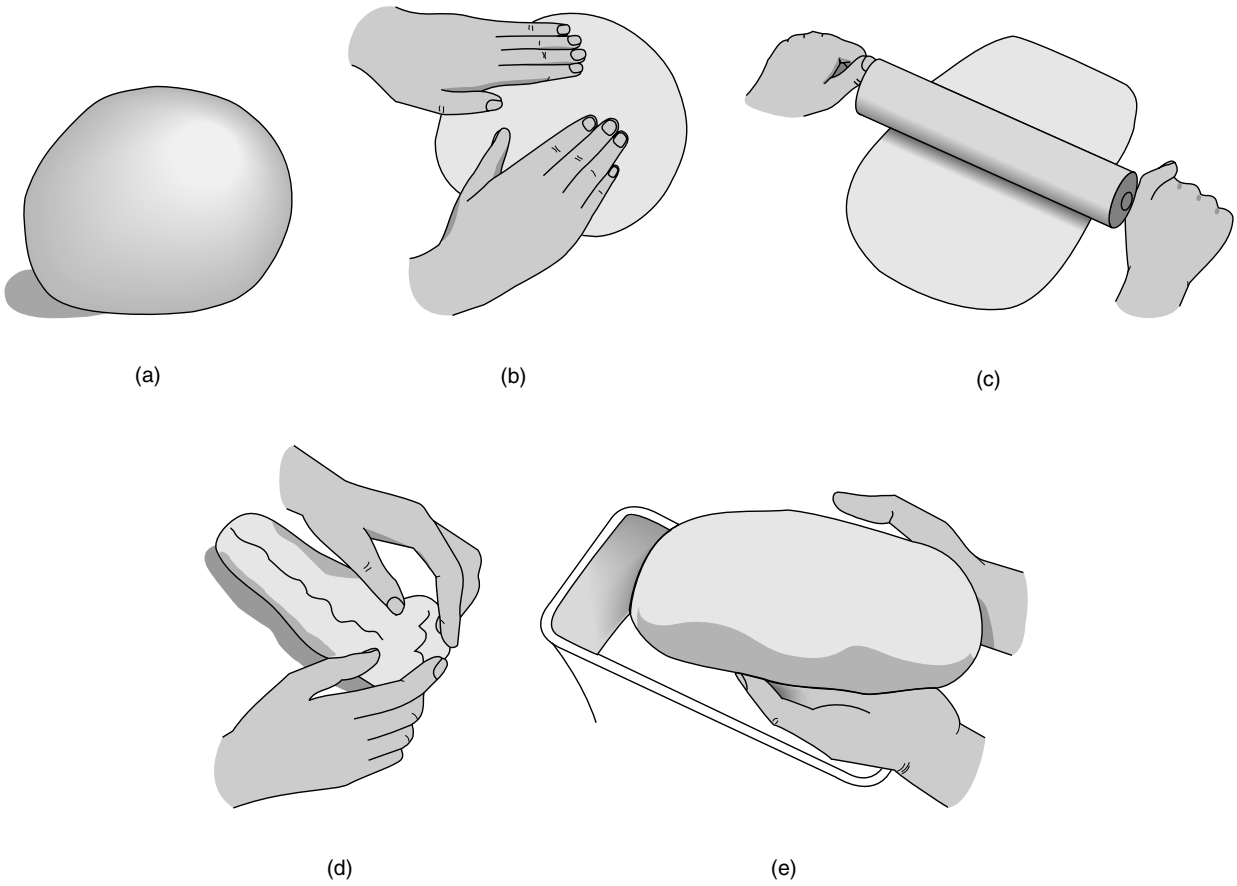


FIGURE 4.1 Shaping bread loaves: (a)Lightly flour the work surface. Divide the dough into 1 lb 8 oz, smooth balls. (b) Press dough by hand to force out air bubbles. (c) Use a rolling pin to form a rectangle. (d) Begin at the short end of the rectangle and roll the dough tightly to make a loaf shape. Seal by pinching ends together. (e) Place dough, seam-side down, in greased pan.

WHOLE WHEAT BREAD

Yield: 5 1½-lb loaves
Oven: 365°F *Bake:* 30–35 minutes

Ingredient	*Amount*	*Procedure*
Yeast, active dry	1¼ oz	Combine yeast, water, and sugar.
Water, warm (110°F)	1¾ cup	Let stand 10 minutes.
Sugar, granulated	1 Tbsp	
Water, hot	1 qt	Combine water, milk, sugar, salt, and shortening in mixer bowl, using dough arm.
Nonfat dry milk	5 oz	
Sugar, granulated	5 oz	Mix until shortening is softened.
Salt	1½ oz	
Shortening	6 oz	
Flour, all-purpose	3 lb	Add enough flour to mixture in mixer bowl to make a thin, smooth batter. Add yeast mixture. Mix 15 minutes on medium speed.
Flour, whole wheat	1 lb	Add remaining all-purpose flour and whole wheat flour in small amounts to make a soft dough that pulls itself from side of bowl. Mix on low speed about 10 minutes or until dough is smooth and elastic and small blisters appear on the surface.

1. Let dough rise (proof) in warm place for about 2 hours or until double in bulk.
2. Punch down dough. Scale into five portions 1 lb 8 oz each.
3. Shape into loaves. Place in greased 5 × 9 × 2¾-inch loaf pans. Let rise until double in size.
4. Bake at 365°F for 30–35 minutes.
5. Remove bread from oven. Brush with melted margarine.

Approximate nutritive values per loaf **Calories** 1862

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 38 g	**58%**	**Cholest.** 5 mg	**2%**	**Total Carb.** 326 g	**109%**	**Vitamin A**	**20%**	**Calcium**	**43%**
Sat. Fat 9 g	**46%**	**Sodium** 3467 mg	**144%**	Fiber 12 g	**48%**	**Vitamin C**	**2%**	**Iron**	**100%**
Protein 50 g				Sugars 50 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Recipe may be used for Whole Wheat Rolls. See p. 147 for procedure. Recipe makes approximately 100 1½-oz rolls. Bake at 375°F for 20–25 minutes.

Variation

- **Cornmeal Bread.** Delete whole wheat flour. Add 1 lb cornmeal.
- **Egg Bread.** Delete whole wheat flour. Increase all-purpose flour to 3 lb 12 oz. Add 5 eggs (8 oz), beaten.
- **Jalapeño Cheese Bread.** Delete whole wheat flour. Increase all-purpose flour to 4 lb. Increase yeast to 1½ oz. Reduce nonfat dry milk to 1 oz. Add 3 oz seeded jalapeño peppers, finely chopped; 8 oz green chilies, chopped; 10 oz shredded cheddar cheese; and 8 oz shredded processed cheese.
- **White Loaves.** Delete whole wheat flour. Increase all-purpose flour to 4 lb.

FRENCH BREAD

Yield: 5 loaves 1 lb 12 oz
Oven: 425°F *Bake:* 25–30 minutes

Ingredient	*Amount*	*Procedure*
Yeast, active dry	1½ oz	Combine yeast, water, and sugar.
Water, warm (110°F)	2 cups	Stir to dissolve yeast. Let stand 10 minutes.
Sugar, granulated	2 oz	
Water, warm	3 cups	Add to yeast mixture. Mix until blended, using dough arm.
Shortening	3 oz	
Salt	1¾ oz	
Flour, all-purpose	5 lb	Add flour all at once. Mix on low speed to blend. Mix on medium speed for 7–10 minutes, or until sides of bowl are clean and dough makes a rhythmic slapping sound against side of bowl.

1. Let dough rise (proof) in a warm place for about 2 hours, or until double in bulk.
2. Punch down dough by pulling the dough up on all sides, folding over the center and pressing down, then turning over in the bowl.
3. Divide into five portions, 1 lb 12 oz each. On lightly floured surface, roll or pat dough to a 12 × 6-inch rectangle.
4. Starting with longer side, roll up tightly, pressing dough into roll with each turn. Pinch edges and ends to seal.
5. Place on greased baking sheet sprinkled with cornmeal.
6. Proof until double in bulk.
7. With sharp knife, make two or three diagonal slashes across top of loaf.
8. Spray or brush with cold water.
9. Bake at 425°F for 25–30 minutes until golden brown. Spray or brush loaf with cold water several times during baking for a crisp crust.

Approximate nutritive values per loaf **Calories** 1869

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 21 g	**33%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 361 g	**120%**	**Vitamin A**	**0%**	**Calcium**	**9%**
Sat. Fat 5 g	**25%**	**Sodium** 3861 mg	**161%**	Fiber 15 g	**60%**	**Vitamin C**	**0%**	**Iron**	**124%**
Protein 50 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For a shiny, golden crust, brush loaves before baking with an egg glaze made from one slightly beaten egg and 1 Tbsp of water or milk.
- After baking, leave uncovered at room temperature to keep the crust crisp.

DILLY BREAD

Yield: 5 1½-lb loaves
Oven: 375°F *Bake:* 30–35 minutes

Ingredient	*Amount*	*Procedure*
Yeast, active dry	1¼ oz	Combine yeast, water, and sugar.
Water, warm (110°F)	½ cup	Stir to dissolve yeast.
Sugar, granulated	3 oz	Let stand for later step.
Cottage cheese, cream style	1 lb 12 oz	Combine cottage cheese and water in mixer bowl.
Water, warm	1¼ cups	
Vegetable oil	¼ cup	Add oil, onion, dill weed, and eggs to cottage cheese mixture. Mix to blend, using dough arm.
Dehydrated chopped onion	½ oz	Add yeast mixture.
Dill weed	1 Tbsp	
Eggs, whole	3 (6 oz)	
Flour, all-purpose	4 lb 2 oz	Combine dry ingredients. Add enough to cottage cheese mixture to make a smooth batter. Scrape sides of bowl occasionally.
Salt	1 Tbsp	
Baking soda	½ tsp	Add remaining flour gradually until dough pulls itself from sides of bowl. Dough will be sticky.
		Proof until double in bulk.
		Scale dough into five portions, 1 lb 8 oz each. Shape into loaves.
		Place in greased 5 × 9 × 2¾-inch loaf pans.
		Proof until double in size.
		Bake at 375°F for 30–35 minutes.
		Brush with melted margarine.

Approximate nutritive values per loaf **Calories** 1770

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 25 g	**39%**	**Cholest.** 169 mg	**56%**	**Total Carb.** 313 g	**104%**	**Vitamin A**	**14%**	**Calcium**	**19%**
Sat. Fat 9 g	**45%**	**Sodium** 2102 mg	**88%**	Fiber 13 g	**50%**	**Vitamin C**	**3%**	**Iron**	**108%**
Protein 66 g				Sugars 24 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

ENGLISH MUFFIN BREAD

Yield: 5 1½-lb loaves
Oven: 375°F *Bake:* 40–50 minutes

Ingredient	*Amount*	*Procedure*
Water, hot Vegetable oil	2 cups 1½ cups	Combine water and oil in mixer bowl.
Flour, all-purpose Sugar, granulated Salt Eggs, beaten	2 lb 6 oz 2 oz 6 (10 oz)	Add flour, sugar, salt, and eggs to water-oil mixture.
Yeast, active dry Water, warm (110°F)	1¼ oz 1½ cups	Dissolve yeast in warm water. Add to flour mixture. Mix on medium speed for 2 minutes, using dough arm.
Flour, all-purpose	2 lb	Add enough remaining flour to make a stiff batter. Cover and let rise until light and double in bulk. Punch down dough.
Cornmeal	2 oz	Grease five loaf pans (5 × 9 × 2¾ inches). Sprinkle with cornmeal. Scale 1 lb 8 oz dough per pan. Shape and place in pans. Sprinkle with cornmeal. Cover. Let rise until double in bulk. Bake at 375°F for 40–50 minutes or until loaf sounds hollow when tapped lightly.

Approximate nutritive values per loaf **Calories** 2176

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 75 g	**115%**	**Cholest.** 242 mg	**81%**	**Total Carb.** 323 g	**108%**	**Vitamin A**	**11%**	**Calcium**	**11%**
Sat. Fat 19 g	**97%**	**Sodium** 4483 mg	**187%**	Fiber 14 g	**55%**	**Vitamin C**	**0%**	**Iron**	**106%**
Protein 49 g				Sugars 39 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

FOCACCIA

Yield: 4 loaves
Oven: 450°F *Bake:* 20–30 minutes

Ingredient	*Amount*	*Procedure*
Yeast, active dry Water, warm (110°F) Sugar, granulated	1 oz 2 cups ¼ tsp	Combine yeast, water, and sugar. Stir to dissolve yeast. Let stand for later step.
Olive oil Water, warm Salt	1½ cups 2 cups 1 Tbsp	Add to yeast mixture. Mix until blended using dough arm.
Flour, all-purpose	2 lb 10 oz	Add flour. Mix on low speed for about 10 minutes until dough is smooth and satiny.

1. Turn into lightly greased bowl, then turn over to grease top. Cover. Let rise in warm place (80°F) until double in bulk (30–40 minutes).
2. Shape with a rolling pin into four 1 lb 5 oz ovals, circles, or rectangles about ½–⅔ inch thick. See Exhibit IV in the color insert.
3. Make several very shallow parallel or fan-shaped cuts in center of bread, then gently pull the edges of the dough to slightly open the shallow cuts.
4. Put rounds on lightly greased pans.
5. Brush rounds with olive oil and sprinkle lightly with coarse sea salt and coarse ground pepper. Let rise 20 minutes.
6. Bake at 450°F for approximately 15 minutes, until golden brown. Serve warm.

Approximate nutritive values per loaf **Calories** 1819

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 84 g	**130%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 230 g	**77%**	**Vitamin A**	**0%**	**Calcium**	**6%**
Sat. Fat 11 g	**57%**	**Sodium** 1611 mg	**67%**	Fiber 9 g	**34%**	**Vitamin C**	**0%**	**Iron**	**73%**
Protein 33 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Focaccia may be split and filled with a sandwich filling or served unsplit as an accompaniment to soup or salad.

Variation

- **Focaccia with Onions.** Toss 1 lb of thinly sliced onions with ¼ cup olive oil, ½ tsp salt, and ½ tsp pepper. Distribute approximately 4 oz of onion mixture on Focaccia after shaping. Let rise 20–30 minutes and bake as directed.

OATMEAL BREAD

Yield: 5 1½-lb loaves
Oven: 375°F *Bake:* 30–35 minutes

Ingredient	*Amount*	*Procedure*
Yeast, active dry	1¼ oz	Combine yeast, water, and sugar.
Water, warm (110°F)	1 cup	Let stand 10 minutes.
Sugar, granulated	2 tsp	
Water, hot	3 cups	Combine in mixer bowl, using dough arm.
Rolled oats	6 oz	
Molasses	1 cup	
Shortening	6 oz	
Salt	2 Tbsp	
Flour, all-purpose	3 lb 8 oz	Add enough flour to rolled oats mixture to make a smooth, thin batter.
Eggs	4 (7 oz)	Add eggs and yeast mixture to batter. Mix 15 minutes on medium speed. Add remaining flour in small amounts, on low speed, to make a soft dough. Let rest 10 minutes. Knead on low speed for 10 minutes or until smooth and elastic, or until a small piece of dough can be stretched to resemble a thin membrane. Let rise until double in bulk.
Rolled oats	4 oz	Grease five loaf pans (5 × 9 × 2¾ inches). Coat each pan with ¼ cup rolled oats. Punch down dough. Scale 1 lb 8 oz dough for each pan and shape into a loaf. Place in prepared pans.
Egg whites Water	2 (2 oz) 1 Tbsp	Combine egg whites and water. Brush on loaves and sprinkle with rolled oats. Let rise until double in bulk. Bake at 375°F for 30–35 minutes.

Approximate nutritive values per loaf **Calories** 1926

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 45 g	**69%**	**Cholest.** 169 mg	**56%**	**Total Carb.** 327 g	**109%**	**Vitamin A**	**7%**	**Calcium**	**22%**
Sat. Fat 11 g	**54%**	**Sodium** 2650 mg	**110%**	Fiber 11 g	**43%**	**Vitamin C**	**0%**	**Iron**	**120%**
Protein 51 g				Sugars 45 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- See oatmeal topping, Exhibit IV in the color insert.

Variation

- **Molasses Bran Bread.** Delete rolled oats and eggs. Increase water to 1 qt. Add 10 oz whole wheat flour, 3 oz unprocessed bran, 1½ tsp ground ginger, and 4 oz nonfat dry milk.

POTATO BREAD

Yield: 5 1½-lb loaves
Oven: 375°F *Bake:* 30-35 minutes

Ingredient	*Amount*	*Procedure*
Instant potatoes Water, boiling	5 oz 2 cups	Pour boiling water over potatoes. Set aside for later step.
Yeast, active dry Water, warm (110°F) Sugar, granulated	1 oz 1 cup 1 tsp	Combine yeast, water, and sugar. Let stand 10 minutes.
Water, hot Nonfat dry milk Shortening Sugar, granulated Salt	1½ cups 4 oz 8 oz 8 oz 2 Tbsp	Combine water, milk, shortening, sugar, and salt in mixer bowl, using dough arm to mix and soften shortening. Add potato mixture and mix until well blended.
Flour, all-purpose	3 lb 8 oz	Add enough flour to make a smooth batter. Add yeast mixture. Mix on medium speed for 15 minutes.
Eggs, beaten	5 (8 oz)	Add eggs and mix thoroughly. Add remaining flour in small amounts on low speed to make a soft dough. Proof until double in bulk.
		Punch down dough. Scale into five loaves, 1 lb 8 oz each. Place in greased baking pans (5 × 9 × 2¾ inches). Proof until double in size. Bake at 375°F for 30–35 minutes.

Approximate nutritive values per loaf **Calories** 2015

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 54 g	**84%**	**Cholest.** 197 mg	**66%**	**Total Carb.** 326 g	**109%**	**Vitamin A**	**24%**	**Calcium**	**44%**
Sat. Fat 13 g	**67%**	**Sodium** 3347 mg	**139%**	Fiber 10 g	**42%**	**Vitamin C**	**2%**	**Iron**	**93%**
Protein 51 g				Sugars 62 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Dough may be shaped into rolls. Recipe makes approximately 100 1½-oz rolls. Bake at 375°F for 20–25 minutes.

Variation

- **Portuguese Sweet Bread.** Delete nonfat dry milk. Substitute 6 oz margarine for shortening. Increase sugar to 10 oz and eggs to 6 (10 oz).

SWEDISH RYE BREAD

Yield: 5 1½-lb loaves
Oven: 375°F *Bake:* 40–50 minutes

Ingredient	*Amount*	*Procedure*
Yeast, active dry	2¼ oz	Combine yeast, water, and brown sugar. Let stand 10 minutes.
Water, warm (110°F)	2 cups	
Sugar, brown	1 oz	
Water, hot	3 cups	Combine in mixer bowl. Mix thoroughly until shortening is softened.
Salt	1 Tbsp	
Sugar, brown	6 oz	
Molasses	6 oz (½ cup)	
Shortening	3 oz	
Flour, all-purpose	3 lb 8 oz	Combine flours. Add enough to mixture in mixer bowl to make a thin, smooth batter.
Flour, rye	12 oz	Add yeast mixture. Mix on medium speed for 10 minutes, using dough arm.
		Reduce mixer speed. Add remaining flour in small amounts to make a soft dough that pulls itself from sides of bowl.
		Mix for about 10 minutes, until smooth and elastic, or until a small piece of dough can be stretched to resemble a thin membrane.
		Let rise until double in bulk.
		Punch down dough.
		Shape into five loaves, 1 lb 8 oz each.
		Place in five greased loaf pans (5 × 9 × 2¾ inches). Let rise until double in bulk.
		Bake at 375°F for 40–50 minutes or until bread sounds hollow when tapped lightly.

Approximate nutritive values per loaf **Calories** 1771

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 22 g	**34%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 349 g	**116%**	**Vitamin A**	**0%**	**Calcium**	**17%**
Sat. Fat 5 g	**25%**	**Sodium** 29 mg	**1%**	Fiber 15 g	**59%**	**Vitamin C**	**0%**	**Iron**	**129%**
Protein 48 g				Sugars 28 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation

- **Caraway Rye Bread.** Add 2 Tbsp caraway seeds to dough.
- **Limpa Rye Bread.** Decrease all-purpose flour to 2 lb and increase rye flour to 2 lb. Add 2 Tbsp fennel seed and 2 Tbsp grated orange peel.
- **Rye Rolls.** Shape into 1½-oz rolls. Yield: 7 dozen.

BASIC ROLL DOUGH

Yield: 8 dozen rolls *Portion:* 1½ oz
Oven: 400°F *Bake:* 15–25 minutes

Ingredient	*Amount*	*Procedure*
Water, warm (110°F)	1 cup	Combine sugar and water. Add yeast.
Sugar, granulated	1 tsp	Let stand 10 minutes.
Yeast, active dry	1½ oz	
Water, hot	1¼ qt	Place hot water, dry milk, sugar, salt, and shortening in mixer bowl.
Nonfat dry milk	5 oz	
Sugar, granulated	4 oz	Mix thoroughly, using dough arm, until shortening is softened.
Salt	2 oz	
Shortening	8 oz	
Eggs, beaten	4 (7 oz)	Add eggs and softened yeast.
Flour, all-purpose	4 lb 12 oz (variable)	Add flour to make a moderately soft dough. Mix on low speed for about 10 minutes until smooth and satiny or until a small piece of dough can be stretched to resemble a thin membrane.

1. Turn into lightly greased bowl, then turn over to grease top. Cover. Let rise in warm place (80°F) until double in bulk.
2. Punch down. Divide into thirds for ease in handling. Shape into 1½-oz rolls or into desired shapes. (See Variations on p. 147.)
3. Let rise until double in bulk.
4. Bake at 400°F for 15–25 minutes or until golden brown.

Approximate nutritive values per portion **Calories** 117

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 3 g	4%	**Cholest.** 9 mg	3%	**Total Carb.** 19 g	6%	**Vitamin A**	1%	**Calcium**	2%
Sat. Fat 1 g	3%	**Sodium** 241 mg	10%	Fiber 1 g	3%	**Vitamin C**	0%	**Iron**	6%
Protein 3 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 1¼ qt fluid milk may be used in place of nonfat dry milk and hot water. Scald milk, then add sugar, salt, and shortening, and cool to lukewarm.
- Mixing may be simplified by combining dry yeast with sugar, salt, dry milk, and 2 lb of the flour. Mix thoroughly. In mixer bowl combine 1¼ qt very warm water (120°F), shortening, and beaten eggs. Blend on low speed. Add remaining flour gradually, mixing until a smooth, elastic dough is formed.
- Allow 3–4 hours for mixing and rising. For a quicker rising dough, increase yeast to 2 oz.

Variations

- **Bowknots.** Roll 1½-oz portions of dough into strips 9 inches long. Tie loosely into a single knot (see Figure 4.2).
- **Braids.** Roll dough ¼ inch thick and cut in strips 6 inches long and ½ inch wide. Braid three strips, fold under, and pinch to seal (see Figure 4.3).
- **Butterhorns.** Proceed as for Crescents, but do not form crescent shape.
- **Caramel Crowns.** Increase sugar in dough to 9 oz. Scale dough into balls 1½ oz each. Drop into mixture of 1 lb 4 oz sugar and 3 Tbsp cinnamon to coat balls. Arrange 18 balls in each of five greased tube pans, into which 2 oz pecans, halves or coarsely chopped, have been placed. The pan should be about ⅓ full. Let rise until double in bulk. Bake at 350°F for 30 minutes.

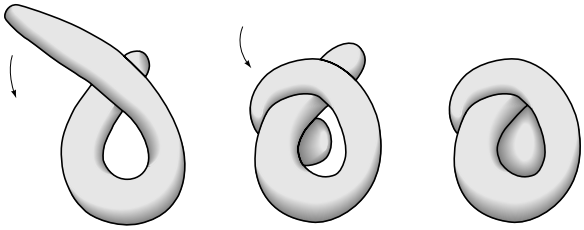


FIGURE 4.2 Shaping bowknot rolls

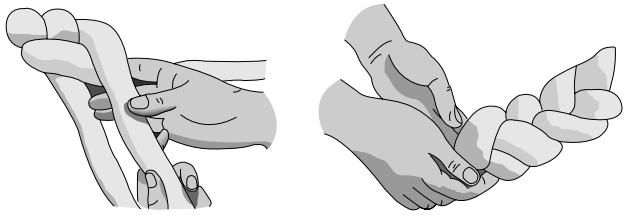


FIGURE 4.3 Braiding yeast dough

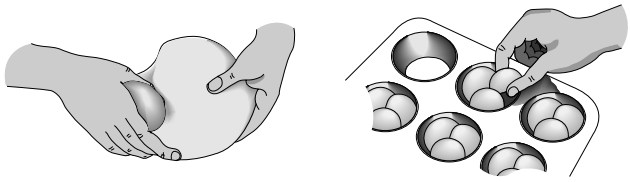


FIGURE 4.4 Shaping and panning cloverleaf rolls

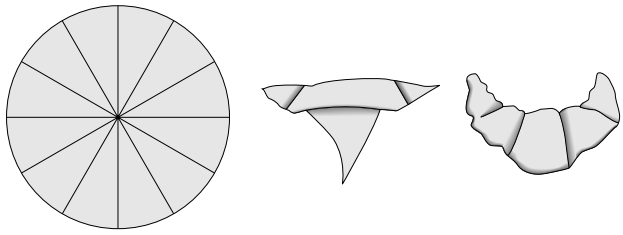


FIGURE 4.5 Shaping crescent rolls

Immediately loosen from pan with a spatula. Invert pans to remove. Cool. Serve irregular side up to resemble a crown. Garnish with maraschino cherries.

- **Cloverleaf Rolls.** Pinch off 1-oz pieces of dough and roll into smooth balls. Fit into greased muffin pans, three balls per cut (see Figure 4.4).
- **Crescents.** Weigh dough into 12-oz portions. Roll each into a circle ⅛ inch thick and 8 inches in diameter. Cut into 12 triangles and brush top with melted margarine or butter. Beginning at base, roll each triangle, keeping point in middle of roll and bringing ends toward each other to form a crescent shape. Place on greased baking sheets 1½ inches apart (see Figure 4.5).
- **Dinner or Pan Rolls.** Shape dough into 1½-oz balls and place on well-greased baking sheets. Cover. Let rise until light. Brush with mixture made of egg yolk and milk—1 egg yolk to 1 Tbsp milk.
- **Fan Tan or Butterflake Rolls.** Weigh dough into 12-oz pieces. Roll out into very thin rectangular sheet. Brush with melted margarine or butter. Cut in strips about 1 inch wide. Pile 6–7 strips together. Cut 1½-inch pieces and place on end in greased muffin pans.
- **Gooey Buns.** Grease sides of one 18 × 26 × 2-inch baking sheet. Combine in kettle or saucepan 8 oz margarine, 1 lb 8 oz brown sugar, and ¾ cup corn syrup. Cook until sugar is dissolved. Pour into prepared pan. Cool. If desired, sprinkle 1 lb pecans over mixture. Place 1½-oz portions of dough 8 × 12 on sugar mixture. Let rise. Bake at 375°F for 20–25 minutes. Remove from oven and turn upside down onto 18 × 26 × 1-inch baking sheet.
- **Half-and-Half Rolls.** Proceed as for Twin Rolls. Use one round plain dough and one round whole wheat dough for each roll.
- **Hamburger Buns.** Divide dough into two portions. Roll each piece of dough into a strip 1½ inches in diameter. Cut strips into pieces approximately 2½ oz each. Round the pieces into balls. Place balls in rows on greased baking sheets 1½–2 inches apart. Let stand 10–15 minutes, then flatten to desired thickness with finger, rolling pin, or another baking sheet.
- **Hot Cross Buns.** Divide dough into thirds. Roll ½ inch thick. Cut rounds 3 inches in diameter. Brush tops with beaten egg. Score top of bun to make a cross before baking, or make a cross on top with frosting after baking. (See p. 152 for variation.)
- **Hot Dog Buns.** Divide dough into two portions. Roll each piece of dough into a strip 1½ inches in diameter. Cut strips of dough into pieces approximately 2½ oz each. Round pieces of dough; roll into pieces approximately 4½ inches long. Place in rows on greased baking sheets ½ inch apart.

- **Parker House Rolls.** Divide dough into thirds. Roll dough to ⅓ inch thickness. Cut rounds 2–2½ inches in diameter with a biscuit cutter. Let dough rest a few minutes after cutting. Brush with melted butter or margarine. Crease the rolls across the center with the dull edge of a table knife. Fold over and press down on the folded edge (see Figure 4.6), and Exhibit II in the color insert.
- **Popcorn Rolls.** Shape dough into 1½-oz balls. Place on greased baking sheets. Snip top of each ball twice with scissors.
- **Poppy Seed Rolls.** (a) Proceed as for Twists. Substitute poppy seed for sugar and cinnamon. (b) Proceed as for Cinnamon Rolls (p. 153). Substitute poppy seed for sugar, cinnamon, and raisins.
- **Ribbon Rolls.** Weigh dough into 12-oz pieces. Roll ¼ inch thick. Spread with melted margarine. Place on top of this a layer of whole wheat dough rolled to the same thickness. Repeat, using the contrasting dough until five layers thick. Cut with a 1½-inch cutter. Place in greased muffin pans with cut surface down.
- **Rosettes.** Follow directions for Bowknots. After tying, bring one end through center and the other over the side.
- **Sesame Rolls.** Proceed as for Twin Rolls. Brush tops with melted margarine and sprinkle with sesame seeds.
- **Twin Rolls.** Weigh dough into 12-oz pieces. Roll ⅝ inch thick. Cut rounds 1 inch in diameter. Brush with melted margarine. Place on end in well-greased muffin pans, allowing two rounds for each roll.
- **Twists.** Weigh dough into 12-oz pieces. Roll ⅓ inch thick, spread with melted margarine, sugar, and cinnamon. Cut into strips ⅓ × 8 inches, bring both ends together, and twist dough.
- **Whole Wheat Rolls.** Substitute 2 lb 6 oz whole wheat flour for 2 lb 6 oz of the all-purpose flour. Proceed as for Basic Roll Dough.

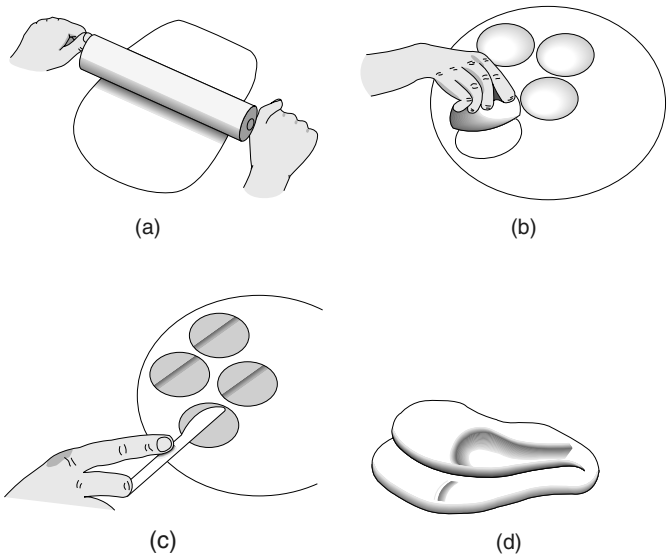


FIGURE 4.6 Shaping Parker House Rolls. (a) Divide dough into thirds. Roll to ⅓ inch thickness and brush with melted margarine. (b) Cut into circles with cutter. (c) Crease rolls with back of a table knife. (d) Fold over and press down on folded edge.

BUTTER BUNS

Yield: 9–10 dozen buns *Portion:* 1¾ oz
Oven: 400°F *Bake:* 15–20 minutes

Ingredient	*Amount*	*Procedure*
Sugar, granulated Salt Margarine or butter	1 lb 1 oz 1 lb 8 oz	Place sugar, salt, and margarine in mixer bowl.
Milk	3 cups	Scald milk by heating to a point just below boiling. Add to ingredients in mixer bowl and mix. Cool to lukewarm.
Yeast, active dry Water, warm (110°F)	2 oz 1 cup	Soften yeast in warm water.
Eggs Egg yolks Lemon extract (optional)	12 (1 lb 5 oz) 16 (10 oz) 4 tsp	Beat eggs and yolks. Add eggs, lemon extract, and yeast to milk mixture. Mix until blended.
Flour, all-purpose	4 lb 8 oz	Add flour and mix thoroughly, using dough arm. Let dough rise until double in bulk. Portion with No. 30 dipper into greased muffin pans. Let rise 1 hour. Bake at 400°F for 15–20 minutes.

Approximate nutritive values per portion **Calories** 146

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 6 g	**10%**	**Cholest.** 55 mg	**18%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**7%**	**Calcium**	**1%**
Sat. Fat 2 g	**8%**	**Sodium** 164 mg	**7%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**6%**
Protein 4 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- 3 oz nonfat dry milk and 3 cups water may be substituted for the fluid milk. Combine dry milk with flour. Increase margarine to 1 lb 9 oz.

RAISED MUFFINS

Yield: 8 dozen muffins *Portion:* 2 oz
Oven: 350°F *Bake:* 20 minutes

Ingredient	*Amount*	*Procedure*
Sugar, granulated Salt Shortening	12 oz 2 oz 9 oz	Place sugar, salt, and shortening in mixer bowl.
Milk	1½ qt	Scald milk by heating to point just below boiling. Add to mixture in mixing bowl. Cool to lukewarm.
Yeast, active dry Water, warm (110°F)	1½ oz 1½ cups	Soften yeast in warm water.
Eggs, beaten	12 (1 lb 5 oz)	Add eggs and softened yeast to milk mixture.
Flour, all-purpose	2 lb	Add flour. Beat on medium speed for 10 minutes, using flat beater. Let rise in warm place for 1½ hours.
Flour, all-purpose	2 lb 12 oz (variable)	Add remaining flour. Beat until batter is smooth. Portion with No. 20 dipper into greased muffin pans. Let rise until double in bulk (about 1 hour). Bake at 350°F for 20 minutes.

Approximate nutritive values per portion **Calories** 139

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 4 g	**6%**	**Cholest.** 28 mg	**10%**	**Total Carb.** 22 g	**7%**	**Vitamin A**	**1%**	**Calcium**	**2%**
Sat. Fat 1 g	**6%**	**Sodium** 245 mg	**10%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**6%**
Protein 4 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- 6 oz nonfat dry milk and 1½ qt water may be substituted for the fluid milk. Combine dry milk with the first portion of flour.

BASIC SWEET ROLL DOUGH

Yield: 8 dozen rolls *Portion:* 2 oz
Oven: 375°F *Bake:* 20–25 minutes

Ingredient	*Amount*	*Procedure*
Yeast, active dry	2 oz	Soften yeast in warm water.
Water, warm (110°F)	1½ cups	
Water, hot	3 cups	Combine hot water, dry milk, sugar, shortening, and salt in mixer bowl.
Nonfat dry milk	3 oz	
Sugar, granulated	1 lb	Mix until shortening is softened, using dough arm. Cool to lukewarm.
Shortening	1 lb	
Salt	1¾ oz	
Eggs, beaten	9 (1 lb)	Add eggs and yeast to mixture in bowl. Blend.
Flour, all-purpose	5–6 lb (variable)	Add flour gradually on low speed. Mix on medium speed to a smooth dough, 5–6 minutes. Do not overmix. Dough should be moderately soft.

1. The dough temperature just after mixing should be 78°–82°F.
2. Place dough in lightly greased bowl. Grease top of dough, cover, and let rise in warm place until double in bulk, about 2 hours.
3. Punch down and let rise again, about 1 hour.
4. Punch down and divide into portions for rolls. Let rest for 10 minutes.
5. Scale 2 oz per roll. Shape (see Variations) and let rise until rolls are almost double in bulk, about 45 minutes.
6. Bake at 375°F for 20–25 minutes.

Approximate nutritive values per portion **Calories** 167

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 5 g	8%	**Cholest.** 20 mg	7%	**Total Carb.** 25 g	8%	**Vitamin A**	1%	**Calcium**	1%
Sat. Fat 1 g	7%	**Sodium** 212 mg	9%	Fiber 1 g	4%	**Vitamin C**	0%	**Iron**	7%
Protein 4 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Mixing may be simplified by combining dry yeast with sugar, salt, dry milk, and 2 lb of the flour. Mix thoroughly. Combine eggs, very warm water (120°F), and melted shortening. Add yeast-flour mixture on low speed. Add remaining flour gradually, mixing until a smooth, elastic dough is formed.
- 3 cups fluid milk may be used in place of nonfat dry milk and hot water. Scald milk, then add sugar, salt, and shortening, and cool to lukewarm.
- For a quicker rising dough, increase yeast to 3 oz.

Variations

- **Cherry Nut Rolls.** Add 1 tsp nutmeg, ½ tsp almond or lemon extract, 1 lb chopped glacé cherries, and 1 lb chopped pecans to dough. Shape into 1-oz balls. When baked, cover with glaze made of orange juice and powdered sugar.
- **Cinnamon Twists.** Combine 1 lb granulated sugar and 1 Tbsp cinnamon. Melt 4 oz margarine. Dip 2-oz portions of dough into melted margarine, then roll in sugar-cinnamon mixture. Elongate and twist dough portions into 3-inch-long rolls. Place side by side in two 13 × 18-inch baking pans. Bake at 375°F for 20–25 minutes.
- **Coffee Cake.** Scale 4 lb dough and roll out to size of 18 × 26 × 1-inch baking sheet. Cover top of dough with melted margarine or butter and topping (see p. 154). Fruit fillings may be used also.

- **Crullers.** Roll dough ⅓ inch thick. Cut into strips ½ × 8 inches. Bring two ends together and twist dough. Let rise, then fry in deep fat. Ice with Powdered Sugar Glaze (p. 196) or dip in fine granulated sugar.
- **Danish Pastry.** Roll a 5-lb piece of dough into a rectangular shape about ¼ inch thick. Start at one edge and cover completely ⅔ of the dough with small pieces of hard butter, margarine, or special Danish pastry shortening. The latter is stable at bakeshop temperature and is easier to use than butter or margarine. Use 2–5 oz per lb of dough.

  Fold the unbuttered ⅓ portion of dough over an equal portion of buttered dough. Fold the remaining ⅓ buttered dough over the top to make three layers of dough separated by a layer of fat. Roll out dough ¼ inch thick. This completes the first roll. Repeat folding and rolling two or more times. Do not allow the fat to become soft while working with the dough. Let dough rest 45 minutes. Make into desired shapes.
- **Hot Cross Buns.** Add to dough 8 oz chopped glacé cherries, 8 oz raisins, 2 Tbsp cinnamon, ¼ tsp cloves, and ¼ tsp nutmeg. Shape into round buns, 1 oz per bun. When baked, make a cross on top with Powdered Sugar Glaze (p. 196).
- **Kolaches.** Add 2 Tbsp freshly grated lemon peel to dough. Shape dough into 1-oz balls. Place on lightly greased baking sheet. Let rise until light. Press down center to make cavity and fill with 1 tsp filling. Brush with melted margarine or butter and sprinkle with chopped nuts. Suggested fillings: chopped cooked prunes and dried apricots cooked with sugar and cinnamon; poppy seed mixed with sugar and milk; apricot or peach marmalade.
- **Long Johns.** Roll out dough to a thickness of ½ inch. Cut dough into rectangular pieces ½ × 4 inches. Let rise until double in bulk. Fry in deep fat.
- **Swedish Braids.** Add to dough 1 lb chopped candied fruit, 8 oz pecans, and ½ tsp cardamom seed. Weigh dough into 1¾-lb portions and braid. Place on greased 18 × 26 × 1-inch baking sheets, four per pan. When baked, brush with Powdered Sugar Glaze (p. 196) made with milk in place of water.

FRUIT COFFEE RINGS

Yield: 8 rings
Oven: 350°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Basic Roll Dough (p. 146) or Basic Sweet Roll Dough (p. 151)	10 lb (1 recipe)	Let dough rise until double in bulk. Divide dough into 1½-lb portions. Roll out each portion into a rectangular strip 9 × 14 × ⅓ inches.
Filling (see below)	2 qt	Spread each strip with 1 cup filling. Roll as for Cinnamon Rolls. Arrange in ring mold or 10-inch tube pan. Cut slashes in dough with scissors about 1 inch apart Let rise until double in bulk. Bake at 350°F for 25–30 minutes. Brush with Powdered Sugar Glaze (p. 196).

Suggested Fillings

- Use 2 qt Apricot Filling (p. 197) or apricot preserves, Fig Filling (p. 197), Prune-Date Filling (p. 197), orange marmalade, or a mixture of 1 lb margarine or butter and 1 lb honey whipped together until light and fluffy. Dough may be shaped in a twist.

CINNAMON ROLLS

Yield: 5 dozen rolls *Portion:* 3 oz
Oven: 375°F *Bake:* 20–25 minutes

Ingredient	*Amount*	*Procedure*
Basic Roll Dough (p. 146) or Basic Sweet Roll Dough (p. 151)	10 lb (1 recipe)	Let dough rise until double in bulk. Divide dough into eight portions, 1 lb 4 oz each. Roll each portion into rectangular sheet 9 × 14 × ⅓ inches.
Margarine or butter, melted	12 oz	Spread each sheet with melted margarine.
Sugar, granulated Cinnamon, ground	2 lb 1 oz (4 Tbsp)	Combine sugar and cinnamon. Sprinkle 6 oz over each sheet. Roll as for Cinnamon Roll (see Figure 4.7). Cut into 1-inch slices. Place cut side down on greased baking sheets, in muffin pans, or round pans. Let rise until double in bulk, about 45 minutes. Bake at 375°F for 20–25 minutes. After removing from oven, spread tops with Powdered Sugar Glaze (p. 196) made with milk in place of water, Peanut Butter Glaze (p. 195), or Chocolate Glaze (p. 195).

Approximate nutritive values per portion **Calories** 353

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 13 g	**20%**	**Cholest.** 32 mg	**11%**	**Total Carb.** 53 g	**18%**	**Vitamin A**	**4%**	**Calcium**	**3%**
Sat. Fat 3 g	**15%**	**Sodium** 393 mg	**16%**	Fiber 1 g	**5%**	**Vitamin C**	**0%**	**Iron**	**12%**
Protein 6 g				Sugars 23 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- 8 oz brown sugar may be substituted for part of granulated sugar.

Variations

- **Butterfly Rolls.** Cut rolled dough into 2-inch slices. Press each roll across center parallel to the cut side, with the back of a large knife handle. Press or flatten out the folds of each end. Place on greased baking sheets 1½ inches apart.
- **Butterscotch Rolls.** Use brown sugar and omit cinnamon, if desired. Cream 8 oz margarine or butter, 1 lb 8 oz brown sugar, and 1 tsp salt. Gradually add 1 cup water, blending thoroughly. Spread 10 oz mixture over each of four greased 18 × 26 × 1-inch baking sheets or place 1 Tbsp mixture into each greased muffin pan cup. Place rolls cut side down in pans.

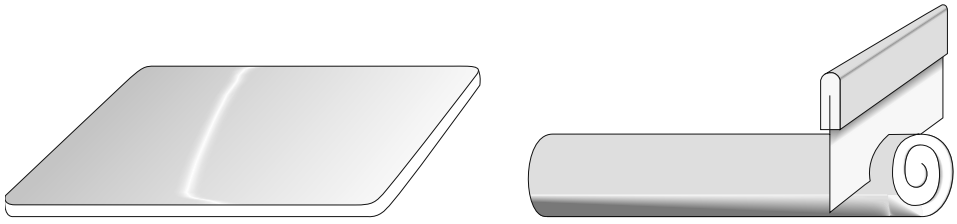


FIGURE 4.7 Preparing Cinnamon Rolls. (a) Roll dough into rectangular sheets, brush with melted margarine, and sprinkle with sugar-cinnamon mixture. (b) Roll up as for jelly roll. Cut into 1-inch slices.

- **Caramel Pecan Rolls.** Melt 12 oz margarine. Add 1 lb chopped pecans, 2 lb 6 oz brown sugar, and 12 oz light corn syrup. Stir to mix. Scale 1 lb 10 oz into each 12 × 18 × 2-inch pan. Place rolls cut side down onto caramel mixture.
- **Cinnamon Raisin Rolls.** Use brown sugar in place of granulated sugar and add 8 oz raisins to filling.
- **Double Cinnamon Buns.** Proceed as for Butterfly Rolls. Roll sheet of dough from both sides to form a double roll.
- **Glazed Marmalade Rolls.** Omit cinnamon. Dip cut slices in additional melted margarine or butter and granulated sugar. When baked, glaze with orange marmalade mixed with powdered sugar until of a consistency to spread. Apricot marmalade, strawberry jam, or other preserves may be used for the glaze.
- **Honey Rolls.** Substitute honey filling for sugar and cinnamon. Whip 1 lb margarine or butter and 1 lb honey until light and fluffy.
- **Jumbo Cinnamon Rolls.** Use 24 lb dough, 3 lb granulated sugar mixed with 5 Tbsp cinnamon, and 1 lb margarine or butter. Divide dough into four 6-lb portions. Roll each portion into approximately a 26 × 26-inch square. Spread with 4 oz softened margarine and sprinkle with 1½ cups sugar-cinnamon mixture. Roll into a 26-inch-long roll. Cut into 12 slices 2 inches thick. Pan 2 × 4 in 12 × 18-inch baking pans. Proof until double in bulk. Bake at 350°F for 25 minutes or until done. Ice with Powdered Sugar Glaze (p. 196).
- **Orange Rolls.** Omit cinnamon. Spread with mixture of 1 lb 8 oz granulated sugar and 1 cup fresh grated orange peel. When baked, brush with a glaze made of powdered sugar and orange juice. If desired, use a filling made by creaming 1 lb margarine or butter, 2 Tbsp fresh grated orange peel, 2 lb granulated sugar, and ¾ cup undiluted frozen orange juice concentrate. Spread on dough.
- **Pecan Rolls.** Coarsely chop 1 lb 8 oz pecans. Sprinkle 8 oz over bottom of each of three 12 × 18 × 2-inch baking pans. Combine 2 lb margarine or butter, 2 Tbsp cinnamon, ⅓ cup corn syrup, ⅓ cup water, and 2 lb 8 oz brown sugar. Cook over medium heat until margarine melts. Pour over chopped nuts, 1 lb 12 oz per pan. Place rolls cut side down on mixture.
- **Sugared Snails.** Proceed as for Butterfly Rolls, rolling dough thinner before adding sugar filling. Cut rolled dough into slices ¾ inch thick. Dip cut surface of each roll in granulated sugar. Place on greased baking sheets ½ inch apart, with sugared side up. Allow to stand 10-15 minutes, then flatten before baking.

FILLINGS OR TOPPINGS FOR COFFEE CAKE AND SWEET ROLLS

1. **Almond Filling.** Mix 1 lb almond paste, 1 lb granulated sugar, 12 oz margarine or butter, and 4 oz flour. Add 2 eggs and beat until smooth.
2. **Butter Cinnamon Topping.** Cream 8 oz margarine or butter, 1 lb granulated sugar, 3 Tbsp cinnamon, and ½ tsp salt. Add 4 beaten eggs and 3 oz flour and blend.
3. **Butter Crunch Topping.** Blend 1 lb granulated sugar, 1 lb margarine or butter, ½ tsp salt, 3 oz honey, and 2 lb flour together to form a crumbly mixture.
4. **Crumb Topping.** Mix 8 oz margarine or butter, 12 oz granulated sugar, ½ tsp cinnamon, and 12 oz flour until crumbly. Add 4 oz chopped nuts if desired.

CHAPTER 5

Desserts

CAKES AND ICINGS

Cakes may be classified according to two major types: butter or shortened cakes and foam or sponge cakes. Butter cakes contain butter, margarine, or other shortening and usually are leavened with baking powder or with baking soda and an acid. True sponge cakes are leavened chiefly by air incorporated into beaten eggs, although modified sponge cakes may have baking powder added.

A properly balanced formula, correct temperature of ingredients, accurate measurements, controlled mixing of ingredients, proper relationship of batter to pan, and correct oven temperature and baking time are essential to good cake making. Cake flour yields better volume and finer texture than all-purpose flour and was used in testing recipes in this section, unless otherwise specified. If all-purpose flour is used, see Table 1.24 for substitution guidelines.

Methods of Mixing Butter or Shortened Cakes

For all methods of mixing, weigh or measure ingredients accurately and have them at room temperature.

Conventional Method

1. Cream shortening and sugar on medium speed, using flat beater, for about 10 minutes or until light and fluffy.
2. Add eggs and beat 3–5 minutes on high speed. Stop mixer and scrape sides and bottom of bowl and beater. Removing the beater to make sure bottom of bowl is scraped is recommended.
3. Combine flour, leavening, and other dry ingredients. Add alternately with the liquid to the creamed mixture.
4. Mix on low speed until thoroughly blended. Scrape sides of bowl and beater occasionally for even mixing.

Dough-Batter Method

1. Cream flour, baking powder, and shortening on low speed for 2 minutes, using flat beater. Scrape sides of bowl and beater. Mix for 3 minutes.
2. Add sugar, salt, and half the milk. Mix 2 minutes. Scrape bowl and beater. Mix 3 minutes.
3. Combine egg, flavoring, and remaining milk. Add half to flour mixture. Mix 30 seconds. Scrape bowl and beater. Mix 1 minute.
4. Add remaining egg mixture. Mix 1 minute. Scrape bowl and beater. Mix 2½ minutes.

This method requires less time and fewer utensils than the conventional method and yields a good product. See p. 170 for White Cake made by the dough-batter method.

Dry Blending and Wetting Method

1. Blend dry ingredients in mixer bowl and mix on low speed for 1 minute, using flat beater.
2. Add 60 percent of the water to the dry ingredients. Mix slightly; flour is not completely hydrated.
3. Add fat and mix on low speed for 1 minute, then on medium speed for 4 minutes.
4. Add 10 percent of the water. Mix 1 minute on low speed, then 3 minutes on medium speed.
5. Add remainder of water (30 percent), eggs, and flavoring. Mix 3 minutes on low speed.

This method of mixing produces a cake with good volume and fine texture. Converting water from weight to liquid measurements may produce awkward numbers. A small adjustment of the three liquid additions may need to be made for easy measurement, but the total weight of water should be the same as the amount specified in the recipe. See p. 169 for White Cake made by the dry blending and wetting method of mixing.

Muffin Method

1. Mix dry ingredients, including dry milk if used, in a mixer bowl.
2. Combine liquids (beaten eggs, milk or water, and melted shortening or oil).
3. Add liquids all at once to dry ingredients. Mix at low speed only enough to combine ingredients.

This method is quick and most successful when the cake is used soon after baking.

Methods of Mixing Foam or Sponge Cakes

Angel Food Cakes

1. Sift the flour with part of the sugar. This step helps the flour mix more evenly with the foam.
2. Beat the egg whites, using the whip attachment, until they form soft peaks. Egg whites should be at room temperature and all utensils used for whipping must be dry and free from fat or grease. Salt and cream of tartar are added near the beginning of the beating process.
3. Gradually beat in the sugar that was not mixed with the flour. Continue to beat until the egg whites form stiff, glossy peaks. Do not overbeat.
4. Fold in the flour/sugar mixture carefully to minimize loss of air from the foam. Fold until it is absorbed, but no longer.
5. Place in ungreased tube, loaf, or sheet pans and bake immediately.

Sponge Cakes

All egg-foam cakes are similar in that they contain little or no shortening and depend for most or all of their leavening on the air trapped in beaten eggs. However, the whole-egg foams and egg-yolk foams are handled differently from those made with egg whites alone. In sponge cakes, the sugar and liquid are added to the eggs or egg yolks and beaten until light. Dry ingredients are folded in. Chiffon cakes contain baking powder, which is mixed with the flour, and a small amount of fat in the form of vegetable oil that is added to the egg yolks and liquid. The beaten egg whites are folded into the batter.

Cake Mixes

Prepared cake mixes offer the foodservice a wide variety of products that can be produced with fewer and less-skilled employees than cakes prepared from scratch. However, care should be given to the selection of the mix, and the instructions for preparation should be followed carefully to ensure high-quality products. The formulas in commercial mixes are balanced, and deviations such as the substitution of milk for water or the addition of eggs may change the finished product.

Scaling Batter

Pan Preparation

Prepare pans before mixing cake batters, so that cakes can be baked without delay as soon as they are mixed.

1. For butter cakes, grease pans and line with parchment cake liners or grease and dust with flour. For best results, use a solid shortening. Oil will cause the cake to stick to the pan. A commercial vegetable spray may be used, or a coating mixture may be prepared and brushed on the pans (p. 165). Sides of the pan should be left ungreased unless cakes are to be removed from the pan for layers.
2. For angel food cakes and other foam cakes, do not grease the pan. The batter must be able to cling to the sides to rise.

Scaling

Butter or other shortened cakes usually are baked as sheet cakes for ease of preparation and serving but may be baked in layers or as cupcakes. Layer cakes may be made by cutting 18 × 26-inch sheet cakes in half or layering two 13 × 18-inch sheet cakes. (See Figure 5.1 for layering and icing a sheet cake.)

The correct amount of cake batter per pan is important in producing a cake with consistently high quality and volume. Table 5.1 gives approximate weights of batter for selected pan sizes. The proper scaling weight for different batters, however, can be determined by actual baking tests and experimentation. Once it has been determined, scaling weights for all pan sizes using the same batter can be calculated mathematically. The formula follows.

Step 1 Experiment, using any pan, to determine the proper scaling weight.

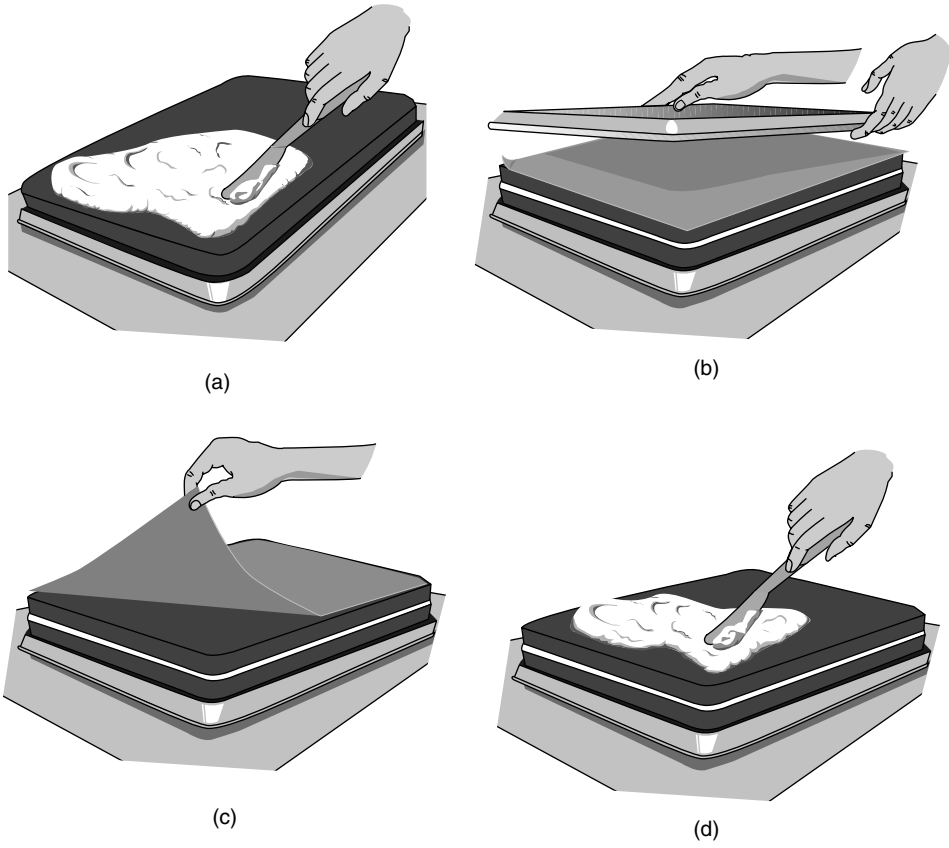


FIGURE 5.1 Layering and icing a sheet cake. (a) Remove sheet cake from pan after loosening sides. Place top side down on inverted baking sheet. Spread icing evenly over cake. (b) Carefully turn second cake onto iced layer. (c) Remove cake liner if used. (d) Ice top and sides of cake.

TABLE 5.1 Approximate Scaling Weights and Yields for Cakes

Pan size	*Approximate weight per pan*	*Yield*	*Type of cake*
12 × 18 × 2 inches	4–5 lb	30 portions (5 × 6) 32 portions (4 × 8)	Butter, sheet
13 × 18 × 1 inches (half-size baking sheet)	2–2½ lb	48 portions (6 × 8)	Butter, layer
13 × 18 × 1 inches	1¼ –1½ lb	12 portions	Sponge or foam, sheet
18 × 26 × 2 inches	8–10 lb	60 portions (6 × 10) 64 portions (8 × 8)	Butter, sheet
8-inch round	16–20 oz per layer	16 portions (2 layers)	Butter, layer
9-inch round	20–24 oz per layer	16 portions (2 layers)	Butter, layer
10-inch tube	28–40 oz	14–16 portions	Foam, sponge
Cupcakes	1¾ oz each		Butter

Note • See p. 159 for scaling weights for icings and fillings.

Step 2 Determine the volume of the pan used, expressed as cubic inches.

$$\text{square or rectangular pan volume} = \text{length} \times \text{width} \times \text{height}$$

$$\text{round pan volume} = 3.14 \times \text{radius squared} \times \text{height}$$

Step 3 Determine the cubic inches per ounce of batter (factor) by dividing the cubic inches (as found in Step 2) by the ounces of batter determined to be correct by experimentation in Step 1.

$$\text{factor} = \frac{\text{cubic inches in pan}}{\text{correct scaling weight per pan}}$$

Step 4 Find the proper scaling weight of the particular batter calculated for any pan by dividing the known factor into the pan volume.

$$\frac{\text{volume of cake pan to be used}}{\text{factor}} = \text{proper scaling weight of batter}$$

The following example illustrates the procedure for calculating proper scaling weight for a cake. The proper scaling weight of a 6 × 1½-inch round chocolate cake was determined to be 8 ounces. What would be the scaling weight for the same batter in a 10 × 1½-inch round pan?

Step 1 Through experimentation, it was determined that 8 oz in a 6 × 1½-inch pan was correct.

Step 2 Volume = $3.14 \times 3^2 \times 1.5 = 42$ cubic inches

Step 3 42 cubic inches ÷ 8 ounces = 5.25 cubic inches per ounce = factor

Step 4 10-inch pan volume = $3.14 \times 5 \times 1.5 = 118$ cubic inches. 118 cubic inches ÷ 5.25 (factor) = 22.5 ounces scaling weight

Baking

Cake structure is fragile, so proper baking conditions are essential for quality products. The following are guidelines for producing quality cakes.

1. Preheat the oven.
2. Make sure oven and shelves are level.
3. Make sure batter is level in the pan and pan is filled in corners.
4. Do not let pans touch each other in the oven. If pans touch, air circulation is inhibited and the cakes rise unevenly.
5. Bake at correct temperature. Too high a temperature can cause tunneling in the cakes, cakes with a cracked top crust, or excessively high peaks. Too low an oven temperature can cause a pale top crust, a top crust that is sticky, or low volume.
6. Do not open ovens or disturb cakes until they have finished rising and are partially browned. In a convection oven, sheet cakes should be turned halfway through the baking time to ensure uniform baking and symmetry.
7. Test for doneness. Cakes are fully baked when cake center springs back when touched lightly. A cake tester inserted near the center of the cake will come out clean. Shortened cakes will shrink away from sides of pan slightly.

Cooling and Removing from Pans

1. Cool butter layer cakes 10–15 minutes before removing from pans. Cool cakes completely before icing.
2. Sheet cakes may be left in the pans and iced when cool or removed from the pan and layered (Figure 5.1).
3. Invert pans of angel food cakes or sponge cakes and cool completely. Be sure the edges of the pan are supported so that the top of the cake does not rest on the table. When cool, loosen cake from sides of pan with spatula or knife and pull out carefully.

Icings and Fillings

The presentation of cakes may be varied by the use of different icings and fillings. The amount to use will depend on the kind of cake to be iced and the individual preference of the patrons. Table 5.2 may serve as a guide. Sheet cakes usually are iced in their baking pans. Layered sheet cakes should be removed from the pans before icing (Figure 5.1). If possible, cakes should be iced as soon as they have cooled to help prevent drying. If uniced cakes will not be used within a short time, they should be covered and kept in a closed cabinet or freezer. To freeze cakes, cover with plastic wrap or put in an airtight container. It is best to freeze cakes uniced. Figure 5.2 suggests cutting configurations for cakes.

TABLE 5.2 Approximate Scaling Weights for Icings and Fillings

Pan size	*Approximate weight per pan*
13 × 18 × 2 inch	1 lb 8 oz (3 cups)
18 × 26 × 2 inch	3 lb (1½ qt)
9-inch layer	1 lb (2 cups) ⅔ cup in the middle 1¼ cups top and sides
10-inch tube	12 oz (1½ cups)

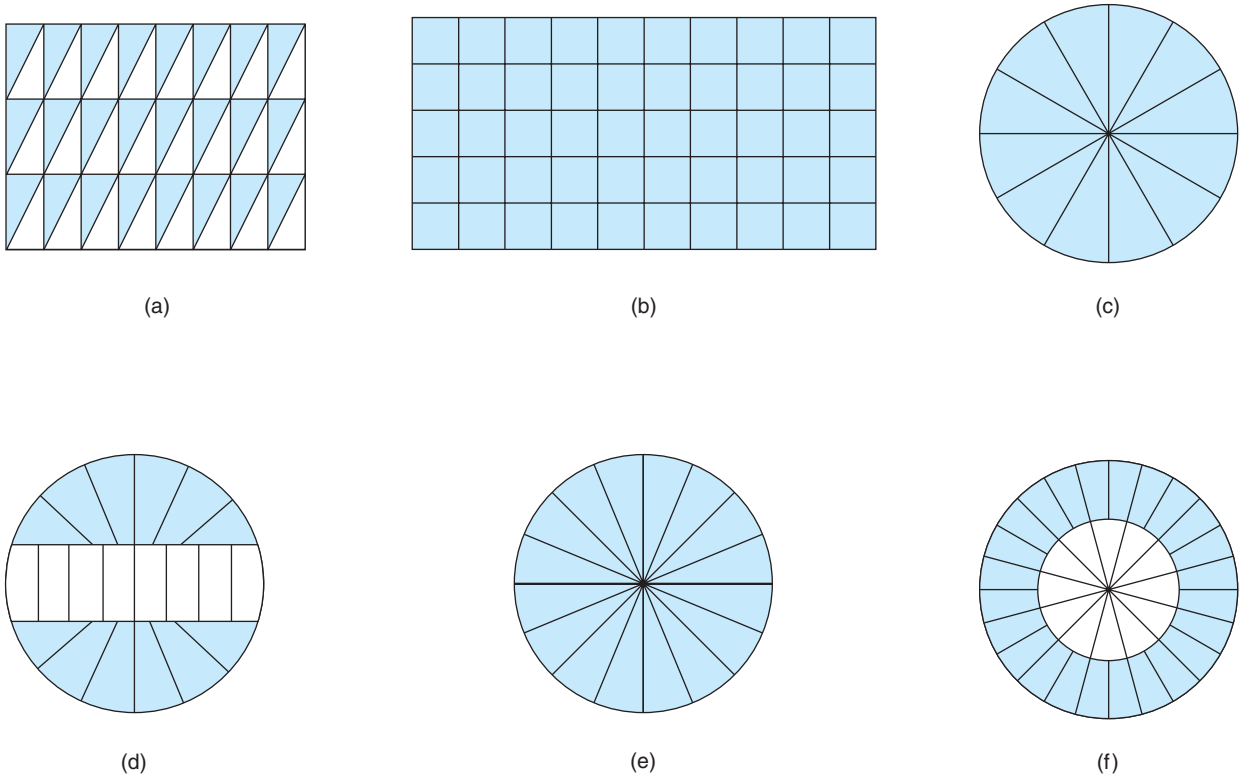


FIGURE 5.2 Suggested cutting configurations for cakes: (a) 18 × 26-inch baking sheet, 48 portions; (b) 18 × 26-inch baking sheet, 60 portions; (c) 8- to 12-inch round, 12 portions; (d) 10- to 12-inch round, 20 portions; (e) 8- to 12-inch round, 16 portions; (f) 10- to 12-inch round, 36 portions.

QUALITY STANDARDS FOR CAKES

Quality standards for butter cakes: Smooth surface, slightly rounded top, high volume; fine-grained, small, evenly distributed cell walls, light but not crumbly; soft texture, velvety, moist, light, tender crumb; delicate, sweet, well-blended flavor. Cakes other than chocolate should be a golden brown color.

Deviation	*Possible Cause*
Peaked or cracked	Too much flour, too little liquid, overmixing, oven temperature too high
Flat top	Oven temperature too low (Some cakes used for layering are formulated for a flat top.)
Pale color	Too little sugar, too much liquid, wrong type pan, underbaked, oven temperature too low
Too dark color	Too much sugar, oven temperature too high, overbaking
Low volume	Too much shortening, too much liquid, insufficient leavening, undermixing, wrong size pan, too long standing time before baking or holding too long in a warm room, oven temperature too high
Large cells	Too little liquid, too much shortening, under- or overmixing, oven temperature too low
Compact texture	Overbeating
Crumbly texture	Too much shortening or sugar, too little liquid, insufficient mixing
Tunnels	Too much egg, too little sugar, overmixing, oven temperature too high, excessive bottom heat
Dry	Too little sugar, too much leavening, overbaking
Soggy	Too much shortening, undermixing, underbaking, improper cooling before covering
Tough	Too much shortening, protein content of flour too high, improper balance of ingredients, overmixed, overbaked, oven temperature too high
Unpleasant flavor	Flat, too little salt, rancid fat
Shrinkage	Oven temperature too low, overbaked

Quality standards for angel, sponge, or chiffon cakes: Thin, golden brown crust, rounded top, slightly split in the middle; fine texture, with thin cell walls, light in weight in proportion to size; moist, tender crumb; delicate flavor.

Deviation	*Possible Cause*
Thick, hard crust	Oven temperature too low, overbaked
Sticky crust	Too much sugar, insufficient baking
Large cracks	Too stiff a mixture, overbeaten eggs, oven temperature too high
Undersized, heavy	Grease on equipment or bowl, overbeating or underbeating egg whites, overmixing, improper balance of ingredients, oven temperature too high, cakes removed from pan too soon after baking, underbaked.
Dry	Overbeaten egg whites, too much flour, too little sugar, overbaked, oven temperature too low
Tough	Oven temperature too high, overmixing, sugar content too high, too much flour or wrong type used
Coarse	Overbeaten egg whites, insufficient mixing, oven temperature too low

COOKIES

Cookies are made in a variety of shapes, sizes, and textures. They may be crisp, soft, or chewy, depending on the proportion of ingredients, the method of mixing, and baking time and temperature.

Proportion of Ingredients

Crisp cookies generally have a low proportion of liquid and a high sugar and fat content. Soft cookies have a high proportion of liquid and are lower in fat and sugar. Chewy cookies have high sugar and liquid content but are low in fat and have a high proportion of eggs. Some cookies are best when the dough spreads some during baking, while others must hold their shape. A high sugar or liquid content may increase cookie spread during baking.

Methods of Mixing

Most cookies are prepared by one of the following methods:

Creaming Method Cream shortening, sugar, and flavorings at low speed until blended. The amount of creaming can affect the texture of the cookies. A short creaming time is used for a chewy cookie; for a cookie with cakelike texture, the shortening and sugar are creamed until light and fluffy. The amount of creaming may also affect the spread of the cookie while it is baking. After the creaming is completed, blend in the eggs and liquid, then the flour and leavening. Mix the dough only until ingredients are combined.

One-Stage Method Place all ingredients in the mixer and mix at low speed until blended.

Sponge Method Beat eggs (white, yolks, or whole) until light. Add the remaining ingredients and blend, being careful not to overmix or deflate the eggs.

Shaping

Drop cookies are made from a soft dough, which is portioned onto prepared baking sheets with a dipper. A No. 40 dipper, which was used for most of the recipes in this book, makes a medium-size cookie, approximately 2½–3 inches in diameter and weighing about ¾ ounce. Larger cookies may be made by using a No. 20 or No. 30 dipper, and Nos. 60 or 70 make tea cookies. If using the recipe for larger or smaller cookies, the yield may need to be adjusted by using the procedure on p. 5.

Bar cookies are made from a soft dough or batter that is spread evenly on prepared baking pans. Most recipes in this section suggest using two 13 × 18 × 1-inch pans (half baking sheet) or one 18 × 26 × 1-inch pan (baking sheet). The 13 × 18-inch pan will yield 30 2½ × 3-inch bars by cutting 5 × 6. An 18 × 26-inch pan may be cut 6 × 10 to yield 60 bars 3 × 2½ inches or 8 × 12 for 96 cookies.

Rolled cookies are made from a stiff dough that has been chilled thoroughly. The dough is rolled out to ⅛–inch thickness on a lightly floured board and cut with a cookie cutter.

Refrigerator cookies are made by shaping dough into rolls of uniform size (1–2 inches in diameter) and chilling, then cutting into slices. Use of a slicing machine ensures uniform thickness. The dough may be made into rolls, wrapped in waxed or parchment paper, refrigerated or frozen, and baked as needed.

Molded or pressed cookies are made by shaping dough into small balls, which is then flattened by pressing with a mold or other flat utensil dipped in sugar. Cookies may be shaped also with a cookie press or, if using a soft dough, with a pastry bag.

Baking

Pans are prepared by lightly greasing or lining with baking pan liners. A heavily greased pan increases the spread of the cookie. Some high-fat cookies can be baked on ungreased pans. Most cookies are baked at a relatively high temperature. Too low a temperature increases spreading and may produce dry, pale cookies. Too high a temperature decreases spreading and may burn the edges or bottoms.

Cookies should be watched carefully to prevent overbaking or burning. To test for doneness, touch center of the cookie lightly with a finger. If almost no imprint remains and the cookie is browned it is done. Fudge-type bars will be done when the top has a dull crust; and the cakelike bars, when a pick inserted in the center comes out clean. Soft cookies should be removed from the oven when they are still soft to the touch.

In most cases, to prevent sticking, the cookies should be removed from pans while they are still warm. If baking pan liners are used, the cookies may be left on the pan to cool. Very soft cookies, however, should not be removed until they are cool and firm enough to handle. Cookies should be completely cooled before storing.

Storing

Proper storage is important to maintain the quality and freshness of cookies. Crisp cookies may become soft if they absorb moisture, so they should be stored loosely covered away from moisture. Soft cookies should be stored tightly covered because they will become dry if allowed to lose moisture. All cookies are best if served soon after baking.

QUALITY STANDARDS FOR COOKIES

Quality standards for drop cookies: Uniform shape and color; good flavor; crisp or chewy texture (true to type of cookie).

Deviation	*Possible Cause*
Misshapen	Improper dropping of dough, oven temperature too high or too low, improper mixing
Excessive spreading	Too much liquid, too much fat and sugar, liquid fat substituted for solid fat, overcreaming, dough too warm, incorrect oven temperature, not peaked when dropped, cookies panned too close together
Dry, crumbly texture	Incorrect proportion of ingredients, inaccurate measuring, poor mixing or baking techniques, incorrect oven temperature

Quality standards for bar cookies: Uniform, well-cut shape; rich, moist eating quality; thin, delicate crust; appealing flavor.

Deviation	*Possible Cause*
Crumbles when cut	Cut while too warm
Dry, crumbly texture	Overbaking, improper proportion of ingredients
Hard, crusty top	Overmixed, overbaked

Quality standards for rolled cookies: Retains shape of cutter; lightly browned surface; crisp or soft texture, depending on thickness.

Deviation	*Possible Cause*
Tough	Excessive rerolling
Dry	Rolling in too much flour or rerolling

Quality standards for pressed and molded cookies: Well-defined pattern and shape; tender, crisp texture; rich, buttery flavor; delicately browned color.

Deviation	*Possible Cause*
Misshapen	Improper use of cookie press or poor molding, dough too cold or too warm, dough placed on hot baking sheet, oven temperature too low
Crumbly, dry	Incorrect proportion of ingredients, insufficient shaping

Quality standards for refrigerator cookies: Uniform thin slices, lightly browned surface, crisp and crunchy texture, rich flavor.

Deviation	*Possible Cause*
Irregular shape	Improper molding of dough roll, dough not chilled before slicing, improper slicing technique
Too soft	Cut too thick

QUALITY STANDARDS FOR PASTRY

Quality standards: Golden brown color, blistery surface, uniform, attractive edges, fits pan well; flaky or mealy texture, cuts easily, pleasant bland flavor.

Deviation	*Possible Cause*
Smooth surface	Overhandling, too much flour when rolling
Shrunken	Stretched crust when easing into pan, overmixing, protein content of flour too high, too much water
Tough	Too much water, overmixing, overhandling, protein content of flour too high
Not flaky	Temperature of dough too high, shortening too soft, overmixing
Too tender	Undermixing, not enough liquid, too much shortening
Soggy bottom crust	Baked too short a time, too much fat in crust, oven temperature too low or not enough bottom heat, using a filling that is too hot
Compact	Underbaking, too much liquid
Dry	Shortening cut in too finely, not enough liquid

PIES

A good pie has a tender crust that cuts easily and a filling that will just hold its shape when cut. Pie crust is an uncomplicated mixture, consisting of four ingredients: flour, shortening, water, and salt. The quality of the crust depends on the mixing technique as well as the type and proportion of ingredients.

Ingredients

Tenderness depends largely on the kind of flour, the amount of fat and water used, and the amount of mixing. Choice of flour is important in pastry making. Gluten is developed from the protein present in wheat flours and gives structure and strength to baked goods. Pastry flour, which is made from soft wheat, has enough protein to produce the desired structure and flakiness, yet is low enough in protein to yield a tender product if handled properly. All-purpose flour, which is a blend of soft and hard wheats, contains enough protein to provide the gluten essential to make good pastry and is the type of flour used in recipes in this book.

Regular hydrogenated shortening is the fat used most often for pie crusts because it has the right plasticity to produce a flaky crust. It is firm and moldable enough to make a workable dough. The tenderness of pastry increases with the proportion of fat, but excess fat may cause the crust to be too tender to remove from the pan. Shortening should be cool when added to the flour. If it is warm, it blends too quickly with the flour.

Addition of a liquid, generally water, develops some gluten in the flour and gives structure and flakiness to the dough. Excess water gives a less tender product, but if not enough water is used, the crust will not hold together. The water should be cold (35°–40°F) when added to the flour/fat mixture.

Salt, which is added mainly for flavor, is dissolved in the water before adding to the mix in order to ensure even distribution.

Mixing

Pastry is mixed by cutting the fat into the flour, then adding water and salt. The type of crust produced is partially determined by the method of combining the fat and flour. For a ***flaky*** crust, the fat and flour are mixed until small lumps are formed throughout the mixture. A ***mealy*** crust results when the fat and flour are thoroughly mixed until the mixture resembles cornmeal. Overmixing after the water has been added or using too much flour when rolling toughens pastry.

Pie dough should be kept cool during mixing and makeup. Chilling the dough for several hours, or until 50°–60°F, allows the water to become distributed

better throughout the dough and hardens the shortening so that it is less likely to soften during handling and shaping operations.

A pie crust mix, made by cutting the fat into the flour and salt mixture, may be stored in the refrigerator for 4–6 weeks and used as needed by adding water to make fresh pie crusts. If freezer storage is adequate, crusts may be made and frozen unbaked until needed.

OTHER DESSERTS

Although cakes, cookies, and pies remain popular, today's foodservices offer a wide variety of other desserts, such as fruit cobblers and crisps, cheesecake, frozen yogurt and ice cream, and fresh fruits in a variety of presentations. Recipes for many of these desserts are included in this section, as are the time-tested custards and other puddings, gelatin desserts, and refrigerator desserts used in many foodservices.

Basic custard consists of milk, sugar, eggs, and flavoring and may be of two types. Soft or stirred custard is cooked slowly over low heat, while stirring, until it is slightly thickened. It remains pourable when cooked. Baked custard, which is not stirred, is baked until it sets and becomes firm. Custards should be cooked to an internal temperature of 181°–185°F. If heated beyond this point, the custard may curdle and become watery. Cooking baked custards in a water bath, in which the custard cups or baking pan are placed in a pan of hot water, helps prevent curdling.

Cream puddings contain starch thickeners and eggs, resulting in a thicker, more stable product. The thickener may be cornstarch, flour, tapioca, or a cereal product. These desserts require sweetening, usually sugar. Too much sugar interferes with the thickening of the eggs and the starch; therefore, a properly balanced formula is important. To make a cream pudding, the milk is added slowly to the combined dry ingredients, while stirring with a wire whip. The mixture is stirred occasionally and cooked until thickened in a steam-jacketed or other kettle over low heat to prevent scorching. The method of adding the eggs is also important to a smooth pudding. To avoid curdling when the eggs are added, a small amount of the hot mixture is first added to the beaten eggs, then this mixture is stirred into the rest of the pudding. Cream puddings should be smooth and creamy.

Gelatin desserts, usually in the form of a fruit gelatin or Bavarian cream, are served as dessert choices in many institutions. A basic recipe for Fruit Gelatin Salad on p. 490 gives proportions for gelatin and fruit and instructions for preparing gelatin mixtures. Bavarian cream has whipped cream folded in.

Fruit offers a wide range of dessert possibilities and may be served fresh, poached, baked, as a sauce, or combined with other ingredients to make a baked dessert such as strawberry shortcake, fruit cobbler, or fruit crisp. A fresh-fruit and cheese plate, with in-season fresh fruit and cheese attractively displayed, is a popular dessert. Suggestions for a fruit and cheese dessert are given on p. 265.

CAKE RECIPES

COATING FOR BAKING PANS

Yield: 2 lb 12 oz

Ingredient	*Amount*	*Procedure*
Shortening	1 lb	Mix shortening until creamy.
Flour, all-purpose	12 oz	Add flour gradually, whipping until smooth. Start on low mixer speed, then move to medium.
Vegetable oil	2 cups	Add oil very slowly and whip until light and frothy. Store at room temperature in tightly closed containers. Apply to pans with pastry brush. Use to grease cake pans or cookie sheets.

ANGEL FOOD CAKE

Yield: 42 portions or 3 10-inch cakes *Portion:* 14 slices per cake
Oven: 350°F *Bake:* 50–55 minutes

Ingredient	*Amount*	*Procedure*
Egg whites, fresh or frozen	2 lb 8 oz (5 cups)	Beat egg whites on high speed for 1 minute, using whip attachment. Be sure utensils are free from grease.
Salt Cream of tartar	1 tsp 2 Tbsp	Add salt and cream of tartar. Continue beating until egg whites are just stiff enough to hold their shape.
Sugar, granulated	1 lb 8 oz	Add sugar slowly while beating on medium speed.
Vanilla Almond extract (optional)	1 Tbsp 1 tsp	Add flavorings. Continue beating on high speed for 2 minutes, or until mixture will stand in stiff peaks.
Sugar, granulated Flour, cake	12 oz 12 oz	Mix sugar and flour. Sift three times. Gradually add to egg whites on low speed Continue folding 2 minutes after last addition. Scale into three ungreased tube cake pans, 1 lb 12 oz per pan. Bake at 350°F for 50–55 minutes or at 400°F for 35 minutes. Invert cakes to cool.

Approximate nutritive values per portion **Calories** 138

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 31 g	**10%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 96 mg	**4%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**3%**
Protein 4 g				Sugars 24 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- To add sugar-flour mixture by hand, remove bowl from machine and fold mixture into meringue, using wire whip or spatula, adding 1 cup at a time. Mix about five strokes after each addition.

Variations

- **Chocolate Angel Food Cake.** Substitute 1½ oz cocoa for 1½ oz flour.
- **Frozen-Filled Angel Food Cake.** Cut each cake crosswise into three slices. Spread 1 pt softened strawberry ice cream on first layer and cover with cake slice. Spread second slice with 1 pt softened pistachio ice cream. Top with remaining slice. Frost top and sides with sweetened whipped cream (1 cup cream, 2 Tbsp powdered sugar, and ½ tsp vanilla per cake). Cover with toasted coconut. Freeze. Remove from freezer 1 hour before serving. Other ice cream or sherbet may be used.
- **Orange-Filled Angel Food Cake.** Cut each cake crosswise into three slices. Spread Orange Filling (p. 199) between layers, and ice top and sides with Orange Butter Icing (p. 192).

YELLOW ANGEL FOOD (SPONGE CAKE)

Yield: 42 portions or 3 10-inch cakes *Portion:* 14 slices per cake
Oven: 350°F *Bake:* 30–45 minutes

Ingredient	*Amount*	*Procedure*
Egg yolks	1 lb 8 oz (3 cups)	Beat egg yolks on medium speed, using whip attachment.
Water, boiling	2 cups	Add water to egg yolks. Beat on high speed until light, about 5 minutes.
Sugar, granulated	1 lb	Sift sugar. Add to egg mixture gradually, beating on high speed while adding.
Flour, cake Sugar, granulated	12 oz 12 oz	Combine flour and sugar. Add on low speed to egg mixture.
Flour, cake Baking powder Salt	10 oz 4½ tsp 1 tsp	Mix flour, baking powder, and salt.
Lemon juice Fresh lemon peel, grated	3 Tbsp 1 Tbsp	On low speed, gradually add flour alternately with lemon juice and peel to egg mixture.
Vanilla Lemon extract	1 Tbsp 1½ tsp	Add flavoring and continue mixing on low speed for 2 minutes.
		Scale into three ungreased tube cake pans, 1 lb 14 oz per pan. Bake at 350°F for 30–45 minutes. Immediately upon removal from oven, invert cakes to cool.

Approximate nutritive values per portion **Calories** 186

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**8%**	**Cholest.** 208 mg	**69%**	**Total Carb.** 31 g	**10%**	**Vitamin A**	**31%**	**Calcium**	**4%**
Sat. Fat 2 g	**8%**	**Sodium** 90 mg	**4%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**9%**
Protein 4 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

ORANGE CHIFFON CAKE

Yield: 42 portions or 3 10-inch cakes *Portion:* 14 slices per cake
Oven: 350°F *Bake:* 45–50 minutes

Ingredient	*Amount*	*Procedure*
Flour, cake	1 lb 8 oz	Combine dry ingredients in mixer bowl. Mix on low speed for about 10 seconds, or until blended, using flat beater.
Baking powder	1½ oz (3 Tbsp)	
Salt	2 tsp	
Sugar, granulated	1 lb 3 oz	
Egg yolks, beaten	1 lb (2 cups)	Combine egg yolks, salad oil, and water.
Vegetable oil	1½ cups	Add to dry ingredients. Mix on medium speed until smooth.
Water	1½ cups	
Orange juice	1 cup	Add orange juice and peel gradually. Mix well after each addition, but avoid overmixing.
Orange peel, grated	2 Tbsp	
Egg whites	1 lb 4 oz (2½ cups)	Whip egg whites until foamy.
Cream of tartar	2 tsp	Add cream of tartar and continue beating until egg whites form soft peaks.
Sugar, granulated	1 lb 2 oz	Add sugar gradually and continue beating until very stiff. Fold gently into batter. Scale into three ungreased tube cake pans, 2 lb 12 oz per pan. Bake at 350°F for 45–50 minutes. Immediately on removal from oven, invert cakes to cool.
Orange Butter Icing (p. 192)	1½ qt	When cake has cooled, remove from pan and ice.

Approximate nutritive values per portion **Calories** 418

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**24%**	**Cholest.** 139 mg	**46%**	**Total Carb.** 66 g	**22%**	**Vitamin A**	**22%**	**Calcium**	**6%**
Sat. Fat 4 g	**20%**	**Sodium** 268 mg	**11%**	Fiber 0 g	**0%**	**Vitamin C**	**5%**	**Iron**	**9%**
Protein 5 g				Sugars 50 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Cocoa Chiffon Cake.** Omit orange juice and peel. Add 5 oz cocoa to dry ingredients. Increase water to 2⅓ cups. Add 1 Tbsp vanilla.
- **Walnut Chiffon Cake.** Omit orange juice and peel. Increase water to 2⅓ cups. Add 2 Tbsp vanilla and 12 oz finely chopped walnuts. Ice with Burnt Butter Icing (p. 189).

WHITE CAKE (DRY BLENDING METHOD)

Yield: 60 portions or 2 pans 12 × 18 × 2 inches *Portion:* 2½ × 3 inches
Oven: 350°F *Bake:* 25–30 minutes

Ingredient	*Amount*	*Procedure*
Flour, cake	1 lb 13 oz	Combine dry ingredients in mixer bowl. Mix on low speed for 1 minute.
Sugar, granulated	2 lb 5 oz	
Nonfat dry milk	3 oz	
Salt	4 tsp	
Baking powder	1¾ oz	
Water	1¾ cups	Add water. Mix slightly.
Shortening	1 lb	Add shortening. Mix 1 minute on low speed. Mix 4 minutes on medium speed.
Water	½ cup	Add water. Mix 1 minute on low speed. Scrape bowl. Mix 3 minutes on medium speed. Scrape bowl and beater.
Egg whites	1 lb	Add eggs, water, and vanilla. Mix 3 minutes on low speed.
Eggs, whole	3 oz	
Water	1 cup	
Vanilla	2 Tbsp	
		Scale batter into two greased 12 × 18 × 2-inch pans, 4 lb per pan. Bake at 350°F for 25–30 minutes. Cool and frost.

Approximate nutritive values per portion **Calories** 132

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**12%**	**Cholest.** 6 mg	**2%**	**Total Carb.** 12 g	**4%**	**Vitamin A**	**1%**	**Calcium**	**7%**
Sat. Fat 2 g	**10%**	**Sodium** 248 mg	**10%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**5%**
Protein 3 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions.

Variations • See p. 170.

WHITE CAKE (DOUGH-BATTER METHOD)

Yield: 60 portions or 2 pans 12 × 18 × 2 inches *Portion:* 2½ × 3 inches
Oven: 350°F *Bake:* 35–40 minutes

Ingredient	*Amount*	*Procedure*
Flour, cake	2 lb 4 oz	Place flour, baking powder, and shortening in mixer bowl.
Baking powder	1½ oz	Mix on low speed for 2 minutes, using flat beater.
Shortening, hydrogenated	1 lb 2 oz	Scrape sides of bowl. Mix 3 minutes.
Sugar, granulated	2 lb 4 oz	Combine sugar, salt, and milk. Add to flour mixture.
Salt	1 Tbsp	Mix on low speed 2 minutes.
Milk	2 cups	Scrape sides of bowl. Mix 3 minutes.
Egg whites	12 (14 oz)	Combine egg whites, milk, and vanilla.
Milk	1⅓ cups	Add half to mixture in bowl. Mix on low speed for 30 seconds.
Vanilla	2 Tbsp	Scrape sides of bowl. Mix 1 minute.
		Add remaining egg-milk mixture. Mix on low speed for 1 minute.
		Scrape sides of bowl. Mix 2½ minutes.
		Scale batter into two greased 12 × 18 × 2-inch pans, 5 lb 7 oz per pan.
		Bake at 350°F for 35–40 minutes.
		Cool and ice. Cut 5 × 6.

Approximate nutritive values per portion **Calories** 216

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	14%	**Cholest.** 2 mg	1%	**Total Carb.** 31 g	10%	**Vitamin A**	0%	**Calcium**	6%
Sat. Fat 2 g	12%	**Sodium** 196 mg	8%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	7%
Protein 3 g				Sugars 17 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 3 oz nonfat dry milk and 3⅓ cups water may be substituted for fluid milk. Increase shortening to 1 lb 3 oz. Mix dry milk with flour.
- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions.
- For six 9-inch layer pans, scale 1 lb 6 oz per pan.

Variations

- **Chocolate Chip Cake.** Add 12 oz chocolate chips to batter.
- **Coconut Lime Cake.** Scale into six 9-inch layer cake pans. When baked, cool, then spread Lime Filling (p. 199) between layers. Ice with Ice Cream Icing (p. 190). Sprinkle with toasted flaked coconut.
- **Cupcakes.** Portion batter with No. 20 dipper into muffin pans or paper baking cups. Yield: 7 dozen.
- **Lady Baltimore Cake.** Bake cake in layers. Prepare one recipe Ice Cream Icing (p. 190). To 1½ qt icing, add 1 tsp orange juice, 4 oz macaroon crumbs, 5 oz chopped almonds, and 6 oz chopped raisins. Spread on bottom layers; place second layers on top and spread with filling. Ice tops and sides with remaining frosting.
- **Poppy Seed Cake.** Add 6 oz poppy seeds that have been soaked in part of the milk. Ice with Chocolate Butter Cream Icing (p. 191).
- **Silver White Cake.** Scale batter into six 9-inch layer cake pans. When baked, cool and then spread Lemon Filling (p. 199) between layers. Ice with Ice Cream Icing (p. 190).
- **Starburst Cake.** Bake in two 12 × 18 × 2-inch pans. While cake is warm, perforate top with a meat fork every half inch. Prepare 2 qt flavored gelatin, and while still liquid slowly pour 1 qt over each cake. Cool and ice with Ice Cream Icing (p. 190) or other white icing.

CARROT CAKE

Yield: 60 portions or 2 pans 12 × 18 × 2 inches *Portion:* 2½ × 3 inches
Oven: 325°F *Bake:* 40–45 minutes

Ingredient	*Amount*	*Procedure*
Sugar, granulated	2 lb 6 oz	Combine sugar, oil, and eggs.
Vegetable oil	2½ cups	Beat 2 minutes on medium speed, using flat beater.
Eggs	9 (1 lb)	
Flour, all-purpose	1 lb 12 oz	Combine dry ingredients.
Salt	1 oz (1½ Tbsp)	Add to oil mixture and beat 1 minute.
Baking soda	⅔ oz (5 tsp)	
Cinnamon, ground	⅔ oz (3 Tbsp)	
Carrots, raw, grated	2 lb 8 oz	Add carrots and nuts. Mix until blended.
Nuts, chopped	1 lb	
		Scale batter into two greased 12 × 18 × 2-inch pans, 5 lb per pan.
		Bake at 325°F for 40–45 minutes.
		Ice with Cream Cheese Icing (p.192)
		Cut 5 × 6.

Approximate nutritive values per portion **Calories** 263

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	**21%**	**Cholest.** 32 mg	**11%**	**Total Carb.** 32 g	**11%**	**Vitamin A**	**54%**	**Calcium**	**3%**
Sat. Fat 3 g	**15%**	**Sodium** 282 mg	**12%**	Fiber 2 g	**7%**	**Vitamin C**	**3%**	**Iron**	**6%**
Protein 4 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- May be baked in one 18 × 26 × 2-inch pan cut 6 × 10 for 60 portions.

YELLOW CAKE

Yield: 60 portions or 2 pans 12 × 18 × 2 inches *Portion:* 2½ × 3 inches
Oven: 350°F *Bake:* 35–40 minutes

Ingredient	*Amount*	*Procedure*
Flour, cake	2 lb 5 oz	Place flour, baking powder, and shortening in mixer bowl.
Baking powder	3¾ Tbsp	Mix on low speed for 2 minutes, using flat beater.
Shortening, hydrogenated	1 lb	Scrape sides of bowl. Mix 3 minutes.
Sugar, granulated	2 lb 13 oz	Combine sugar, salt, and milk. Add to flour mixture.
Salt	2 tsp	Mix on low speed 2 minutes.
Milk	2 cups	Scrape sides of bowl. Mix 3 minutes.
Eggs	8 (14 oz)	Combine eggs, milk, and vanilla.
Milk	2½ cups	Add half to flour mixture. Mix on low speed 30 seconds.
Vanilla	2 Tbsp	Scrape sides of bowl. Mix 1 minute.
		Add remaining egg mixture. Mix 1 minute.
		Scrape sides of bowl. Mix 2½ minutes.
		Scale batter into two greased 12 × 18 × 2-inch baking pans 4 lb 10 oz per pan.
		Bake at 350°F for 35–40 minutes.
		Cut 5 × 6.

Approximate nutritive values per portion **Calories** 232

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**13%**	**Cholest.** 29 mg	**10%**	**Total Carb.** 36 g	**12%**	**Vitamin A**	**2%**	**Calcium**	**6%**
Sat. Fat 2 g	**10%**	**Sodium** 90 mg	**4%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 3 g				Sugars 21 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 4 oz nonfat dry milk and 4½ cups water may be substituted for fluid milk. Add dry milk to flour mixture. Divide water as stated in recipe.
- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions.
- For layer cakes, scale 1 lb 9 oz batter into each of six 9-inch layer cake pans.
- For cupcakes, portion with No. 30 dipper into muffin pan. Yield: 8½ dozen.

Variations

- **Boston Cream Pie.** For two 12 × 18-inch pies, scale batter into four pans, 2 lb 5 oz each. When baked, spread Custard Filling (p. 198) on two cakes, 3 lb 3 oz each. Place other cakes on top. Cover with Chocolate Glaze (p. 195), 1 lb per cake. Cut 5 × 6.

  For two 18 × 26-inch pies, scale 4 lb 10 oz into each of two pans. Use 6 lb 6 oz Custard Filling and 2 lb Chocolate Glaze. Cut 6 × 10.

  For 9-inch layers, scale batter into eight pans, 1 lb 2 oz per pan. Use ½ recipe Custard Filling. Spread 1½ cups on each of four layers. Use ½ recipe Chocolate Glaze, spreading ½ cup on each pie.

  Powdered sugar sifted over top of pies may be substituted for Chocolate Glaze.
- **Cottage Pudding.** Cut cake into squares and serve with No. 20 dipper of fruit, lemon, nutmeg, or other sauce.
- **Dutch Apple Cake.** After the cake batter is poured into baking pans, arrange 2 lb 8 oz peeled sliced apples in rows over each pan. Sprinkle over top of each pan 4 oz granulated sugar and 1 tsp cinnamon, mixed.
- **Lazy Daisy Cake.** Mix 1 lb 2 oz melted margarine or butter, 2 lb brown sugar, 2 lb coconut, and 1½ cups half and half, or enough to moisten to consistency for spreading. Spread over baked cake, 3 lb per pan, and brown under the broiler or in the oven.

- **Marble Cake.** Divide batter into two portions after mixing. To one portion add 3 Tbsp cocoa, 1 Tbsp cinnamon, and 1 tsp nutmeg. Place batters alternately in cake pans; swirl with knife.
- **Pineapple Upside-Down Cake.** Mix one No. 10 can drained crushed pineapple (or tidbits), 8 oz melted margarine or butter, 12 oz brown sugar, and 8 oz chopped nuts. Pour 4 lb 3 oz in each 12 × 18-inch baking pan. Pour cake batter over mixture. Apricots or peaches may be substituted for pineapple.
- **Praline Cake.** Substitute chopped pecans for coconut in Lazy Daisy Cake.

APPLESAUCE CAKE

Yield: 60 portions or 2 pans 12 × 18 × 2 inches *Portion:* 2½ × 3 inches
Oven: 350°F *Bake:* 40–45 minutes

Ingredient	*Amount*	*Procedure*
Shortening, hydrogenated	1 lb	Cream shortening and sugar on medium speed for 10 minutes, using flat beater.
Sugar, granulated	1 lb 14 oz	
Eggs	8 (14 oz)	Add eggs to creamed mixture. Mix on medium speed for 5 minutes.
Flour, cake	1 lb 12 oz	Combine dry ingredients.
Baking powder	2½ Tbsp	
Salt	1¾ tsp	
Baking soda	½ tsp	
Cinnamon, ground	2½ tsp	
Cloves, ground	1 tsp	
Nutmeg, ground	1 tsp	
Water	2½ cups	Add dry ingredients alternately with water on low speed to creamed mixture, ending with dry ingredients.
Applesauce	2½ cups	Add remaining ingredients. Mix on low speed only to blend.
Raisins	1 lb 4 oz	
Nuts, chopped	10 oz	
		Scale batter into two greased 12 × 18 × 2-inch baking pans, 5 lb per pan. Bake at 350°F for 40–45 minutes. Cool and ice. See Notes for suggested icings. Cut 5 × 6.

Approximate nutritive values per portion **Calories** 245

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	17%	**Cholest.** 28 mg	9%	**Total Carb.** 35 g	12%	**Vitamin A**	1%	**Calcium**	4%
Sat. Fat 2 g	12%	**Sodium** 120 mg	5%	Fiber 1 g	4%	**Vitamin C**	0%	**Iron**	8%
Protein 3 g				Sugars 22 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions.
- This cake is too tender to bake in layers.
- Suggested icings: Ice Cream Icing (p. 190) or Cream Cheese Icing (p. 192).

BANANA CAKE

Yield: 48 portions or 3 2-layer cakes (9 inch) *Portion:* 16 slices per cake
Oven: 350°F *Bake:* 25–30 minutes

Ingredient	*Amount*	*Procedure*
Shortening, hydrogenated	1 lb	Cream shortening, sugar, and vanilla on medium speed for 10 minutes, using flat beater.
Sugar, granulated	2 lb	
Vanilla	1 Tbsp	
Eggs	8 (14 oz)	Add eggs to creamed mixture and mix on medium speed for 3 minutes, then add bananas and mix for an additional 2 minutes.
Bananas, mashed	2 lb (4 cups)	
Flour, cake	2 lb	Combine dry ingredients.
Salt	1¼ tsp	
Baking powder	3⅓ Tbsp	
Baking soda	2 tsp	
Buttermilk	1 cup	Add dry ingredients alternately with buttermilk on low speed. Mix on medium speed 2–3 minutes.
		Scale batter into six greased 9-inch layer cake pans, 1 lb 6 oz per pan. Bake at 350°F for 25–30 minutes. Cool. Remove from pans and ice. See Notes for suggested icings.

Approximate nutritive values per portion **Calories** 254

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**16%**	**Cholest.** 35 mg	**12%**	**Total Carb.** 39 g	**13%**	**Vitamin A**	**1%**	**Calcium**	**5%**
Sat. Fat 3 g	**14%**	**Sodium** 185 mg	**8%**	Fiber 1 g	**3%**	**Vitamin C**	**2%**	**Iron**	**8%**
Protein 3 g				Sugars 22 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- May be baked in two 12 × 18 × 2-inch pans, scaled 4 lb 3 oz per pan. Cut 5 × 6 for 30 portions per pan.
- For sheet cake, bake in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions. Suggested icings: Creamy Icing (p. 192) or Cream Cheese Icing (p. 192).

BURNT SUGAR CAKE

Yield: 60 portions or 2 pans 12 × 18 × 2 inches *Portion:* 2½× 3 inches
Oven: 375°F *Bake:* 35–40 minutes

Ingredient	*Amount*	*Procedure*
Sugar, granulated Shortening, hydrogenated	2 lb 11 oz 1 lb	Cream shortening and sugar on medium speed for 10 minutes, using flat beater.
Egg yolks	8 (5 oz)	Add egg yolks to creamed mixture and mix on medium speed for 5 minutes.
Milk Water Burnt sugar syrup (see Notes) Vanilla	2 cups 2 cups ⅔ cup 4 tsp	Combine liquids.
Flour, cake Baking powder Salt	2 lb 2 oz 2⅔ Tbsp 1¼ tsp	Combine dry ingredients. On low speed, add to creamed mixture alternately with liquids. Scrape sides of bowl. Mix 2 minutes.
Egg whites	8 (9 oz)	Beat egg whites until they form soft peaks. Fold into batter on low speed.
		Scale batter into two greased 12 × 18 × 2-inch baking pans, 4 lb 8 oz per pan. Bake at 375°F for 35–40 minutes. Cool and ice. See Notes for suggested icings. Cut 5 × 6.

Approximate nutritive values per portion **Calories** 232

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**13%**	**Cholest.** 31 mg	**10%**	**Total Carb.** 36 g	**12%**	**Vitamin A**	**4%**	**Calcium**	**4%**
Sat. Fat 2 g	**12%**	**Sodium** 98 mg	**4%**	Fiber 0.4 g	**2%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 2 g				Sugars 22 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- **Burnt Sugar Syrup.** Place ⅓ cup granulated sugar in pan and melt slowly, stirring constantly. Cook until light brown (caramelized), being careful not to scorch. Add ⅓ cup boiling water. Cook slowly until a syrup is formed. For larger amounts, use 1 lb sugar and 2 cups boiling water.
- May be baked in one 18 × 26 × 2-inch pan cut 6 × 10; or in eight 9-inch layers, scaled 1 lb 2 oz per pan.
- Suggested icings: Burnt Butter Icing (p. 189), Creamy Icing (p. 192), Cream Cheese Icing (p. 192), or Ice Cream Icing (p. 190).

CHOCOLATE CAKE

Yield: 60 portions or 2 pans 12 × 18 × 2 inches *Portion:* 2½ × 3 inches
Oven: 350°F *Bake:* 25–30 minutes

Ingredient	*Amount*	*Procedure*
Flour, cake	1 lb 8 oz	Combine dry ingredients in mixer bowl.
Cocoa	5 oz	Mix on low speed for 1 minute, using flat beater.
Sugar, granulated	2 lb 5 oz	
Nonfat dry milk	2½ oz	
Salt	1 Tbsp	
Baking powder	1 oz	
Baking soda	3½ tsp	
Water	1½ cups	Add to dry ingredients.
Shortening	1 lb	Mix on low speed for 1 minute. Mix on medium speed for 3 minutes. Scrape sides of bowl and beater.
Water	1½ cups	Add and mix on low speed for 1 minute. Mix on medium speed for 2 minutes.
Eggs	10 (1 lb 2 oz)	Blend in eggs. Mix on low speed for 2 minutes.
Water	1 cup	
Vanilla	¼ cup	
		Scale batter into two greased 12 × 18 × 2-inch baking pans, 4 lb 2 oz per pan. Bake at 350°F for 25–30 minutes. Cool and ice. See Notes for suggested icings. Cut 5 × 6.

Approximate nutritive values per portion **Calories** 200

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**13%**	**Cholest.** 36 mg	**12%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**2%**	**Calcium**	**5%**
Sat. Fat 2 g	**11%**	**Sodium** 247 mg	**10%**	Fiber 0.3 g	**1%**	**Vitamin C**	**0%**	**Iron**	**9%**
Protein 3 g				Sugars 18 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Cake may be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 servings.
- Suggested icings: Chocolate Butter Cream Icing (p. 191), Mocha Icing (p. 194), or Ice Cream Icing (p. 190).

FUDGE CAKE

Yield: 48 portions or 3 2-layer cakes (9 inch) *Portion:* 16 slices per cake
Oven: 350°F *Bake:* 25–30 minutes

Ingredient	*Amount*	*Procedure*
Shortening, hydrogenated Sugar, granulated Vanilla	12 oz 2 lb 1 Tbsp	Cream shortening, sugar, and vanilla on medium speed for 10 minutes, using flat beater.
Eggs	6 (10 oz)	Add eggs and mix on medium speed for 5 minutes.
Cocoa Water, hot	5 oz 1½ cups	Mix cocoa and hot water.
Flour, cake Salt Baking soda	1 lb 12 oz 1 tsp 1½ Tbsp	Combine flour, salt, and soda.
Buttermilk	3 cups	Add dry ingredients alternately with buttermilk and cocoa to creamed mixture on low speed. Scrape sides of bowl and beater. Continue mixing until smooth and ingredients are mixed.
		Scale batter into six greased 9-inch layer cake pans, 1 lb 4 oz per pan. Bake at 350°F for 25–30 minutes. Cool. Remove from pans and ice. See Notes.

Approximate nutritive values per portion **Calories** 217

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**13%**	**Cholest.** 26 mg	**9%**	**Total Carb.** 34 g	**11%**	**Vitamin A**	**1%**	**Calcium**	**2%**
Sat. Fat 2 g	**11%**	**Sodium** 189 mg	**8%**	Fiber 0.4 g	**2%**	**Vitamin C**	**0%**	**Iron**	**12%**
Protein 3 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For 12 × 18-inch layer cake, scale into two 12 × 18 × 2-inch or two 13 × 18 × 1-inch pans, 3 lb 13 oz per pan. When baked and cooled, ice one cake, then remove cake from pan and place on top (see Figure 5.1). Ice top and sides.
- Suggested icings: Chocolate Butter Cream Icing (p. 191), Ice Cream Icing (p. 190), or Mocha Icing (p. 194).

Variations

- **Chocolate Cupcakes.** Portion with No. 20 dipper into muffin pans or paper liners. Yield: 5 dozen.
- **Chocolate Sheet Cake.** Bake in one 18 × 26 × 2-inch baking pan. Cut 6 × 10 for 60 portions.

GERMAN SWEET CHOCOLATE CAKE

Yield: 60 portions or 2 pans 12 × 18 × 2 inches *Portion:* 2½ × 3 inches
Oven: 350°F *Bake:* 40–45 minutes

Ingredient	*Amount*	*Procedure*
German sweet chocolate	10 oz	Melt chocolate in water. Cool. Add vanilla. Set aside.
Water, boiling	1¼ cups	
Vanilla	2½ tsp	
Shortening, hydrogenated	1 lb 4 oz	Cream shortening and sugar on medium speed for 10 minutes, using flat beater.
Sugar, granulated	2 lb 8 oz	
Egg yolks	10 (6 oz)	Add egg yolks one at a time. Beat well after each addition. Add chocolate mixture and blend.
Flour, cake	1 lb 9 oz	Combine flour, salt, and soda.
Salt	1¼ tsp	
Baking soda	2½ tsp	
Buttermilk	2½ cups	Add dry ingredients alternately with buttermilk to creamed mixture. Mix on low speed until smooth. Scrape sides of bowl.
Egg whites	10 (11 oz)	Beat egg whites until stiff peaks form. Fold into batter on low speed. Do not overmix. Scale batter into two greased 12 × 18 × 2-inch baking pans, 4 lb 7 oz per pan. Bake at 350°F for 40–45 minutes.
Coconut Pecan Icing (p. 191)	2 qt	When cool, ice with Coconut Pecan Icing. Cut 5 × 6.

Approximate nutritive values per portion **Calories** 378

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 22 g	**34%**	**Cholest.** 63 mg	**21%**	**Total Carb.** 43 g	**14%**	**Vitamin A**	**10%**	**Calcium**	**4%**
Sat. Fat 7 g	**34%**	**Sodium** 165 mg	**7%**	Fiber 1 g	**5%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 4 g				Sugars 31 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions.
- For four 2-layer cakes, scale into eight 9-inch layer cake pans, 1 lb 1 oz per pan. Cut 16 slices per cake for 64 portions.

PEANUT BUTTER CAKE

Yield: 60 portions or 1 pan 18 × 26 × 2 inches *Portion:* 2½ × 3 inches
Oven: 350°F *Bake:* 30–35 minutes

Ingredient	*Amount*	*Procedure*
Margarine Peanut butter, creamy Sugar, granulated	9 oz 12 oz 2 lb 2 oz	Cream margarine, peanut butter, and sugar for 15 minutes, using flat beater. Scrape bottom and sides of bowl after each 5 minutes.
Eggs Vanilla	8 oz (5) 2 Tbsp	Add to creamed mixture.
Flour, all-purpose Baking powder Baking soda	1 lb 12 oz ½ oz (3½ tsp) 1 oz (2⅓ Tbsp)	Combine flour, baking powder, and salt.
Buttermilk	4⅔ cups	Add dry ingredients and buttermilk alternately to creamed mixture. Scrape bottom and sides of bowl after each addition.
		Scale 8 lb batter into one 18 × 26 × 2-inch baking pan. Bake at 350°F for 30–35 minutes or until cake springs back when lightly depressed in the center.
Peanut Butter Icing (p. 193)	2 qt	Ice with Peanut Butter Icing.

Approximate nutritive values per portion **Calories** 333

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	**20%**	**Cholest.** 17 mg	**6%**	**Total Carb.** 52 g	**17%**	**Vitamin A**	**2%**	**Calcium**	**4%**
Sat. Fat 3 g	**14%**	**Sodium** 257 mg	**11%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**4%**
Protein 4 g				Sugars 38 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- ½ oz (1 Tbsp) caramel food color may be added for a darker color.
- May be baked in two 12 × 18 × 2-inch pans. Scale 4 lb batter per pan.

PINEAPPLE CASHEW CAKE

Yield: 40 portions or 3 2-layer cakes (9 inch) *Portion:* 16 slices per cake
Oven: 350°F *Bake:* 25–30 minutes

Ingredient	*Amount*	*Procedure*
Margarine or butter Sugar, granulated Vanilla	1 lb 2 oz 1 lb 14 oz 1 Tbsp	Cream margarine, sugar, and vanilla on medium speed for 10 minutes, using flat beater.
Egg yolks	10 (6 oz)	Add egg yolks in three portions, while creaming. Mix 2 minutes.
Flour, cake Baking powder Salt	1 lb 14 oz 1½ oz 1½ tsp	Combine flour, baking powder, and salt.
Milk	2¼ cups	Add dry ingredients alternately with milk on low speed to creamed mixture.
Crushed pineapple, drained	1 lb	Add pineapple to batter. Mix on low speed only to blend.
Egg whites	10 (11 oz)	Beat egg whites on high speed until stiff but not dry. Fold into batter on low speed. Scale batter into six greased 9-inch layer cake pans, 1 lb 5 oz per pan. Bake at 350°F for 25–30 minutes.
Pineapple Icing (p. 194) Cashew nuts, toasted, coarsely chopped	2 qt 8 oz	When cool, remove cake from pans. Cover with icing and sprinkle with toasted cashews.

Approximate nutritive values per portion **Calories** 517

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 24 g	**37%**	**Cholest.** 56 mg	**19%**	**Total Carb.** 73 g	**24%**	**Vitamin A**	**16%**	**Calcium**	**10%**
Sat. Fat 5 g	**25%**	**Sodium** 450 mg	**19%**	Fiber 1 g	**4%**	**Vitamin C**	**4%**	**Iron**	**12%**
Protein 5 g				Sugars 52 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- May be baked in one 18 × 26 × 2-inch pan, cut 6 × 10 for 60 portions; or in two 12 × 18 × 2-inch pans, scaled 4 lb per pan, and cut 5 × 6 for 30 portions per pan.

FRUITCAKE

Yield: 64 portions or 4 loaves 5 × 9 inches *Portion:* ½-inch slice
Oven: 300°F *Bake:* 2½ hours

Ingredient	*Amount*	*Procedure*
Shortening, hydrogenated	8 oz	Cream shortening and sugar on medium speed for 10 minutes, using flat beater.
Sugar, granulated	1 lb	
Eggs	4 (7 oz)	Add eggs to creamed mixture. Mix 5 minutes.
Jelly	8 oz	Add ingredients in order listed.
Cinnamon, ground	2 tsp	Mix on low speed only until fruit is coated with flour mixture.
Cloves, ground	2 tsp	
Raisins	2 lb	
Currants	1 lb	
Dates, chopped	1 lb	
Nuts	8 oz	
Flour, cake	1 lb 4 oz	
Baking soda	2 tsp	Dissolve soda in cold coffee.
Coffee, brewed, cold	1½ cups	Add to other ingredients and mix until blended.
		Scale batter into four loaf pans (5 × 9 × 2¾ inches) lined with two layers of heavy waxed paper, 2 lb 3 oz per pan.
		Bake at 300°F for 2½ hours.
		Cut 16 slices per cake.

Approximate nutritive values per portion **Calories** 193

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**9%**	**Cholest.** 13 mg	**4%**	**Total Carb.** 35 g	**12%**	**Vitamin A**	**0%**	**Calcium**	**2%**
Sat. Fat 1 g	**6%**	**Sodium** 47 mg	**2%**	Fiber 2 g	**9%**	**Vitamin C**	**5%**	**Iron**	**7%**
Protein 3 g				Sugars 24 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- May be steamed for 4 hours.
- Store in a container with a tight cover. Most fruitcakes mellow in flavor if kept about 2 weeks before using.

GINGERBREAD

Yield: 60 portions or 2 pans 12 × 18 × 2 inches *Portion:* 2½ × 3 inches
Oven: 350°F *Bake:* 40 minutes

Ingredient	*Amount*	*Procedure*
Shortening, hydrogenated	14 oz	Cream shortening and sugar on medium speed for 10 minutes, using flat beater.
Sugar, granulated	14 oz	
Molasses	3½ cups	Add molasses and mix on low speed until blended.
Flour, cake	2 lb 4 oz	Combine dry ingredients.
Baking soda	2 Tbsp	
Salt	1½ tsp	
Cinnamon, ground	1 Tbsp	
Cloves, ground	1 Tbsp	
Ginger, ground	1 Tbsp	
Water, hot	3¾ cups	Add dry ingredients alternately with water to creamed mixture.
Eggs, beaten	7 (12 oz)	Add eggs and mix on low speed 2 minutes. Scale batter into two greased 12 × 18 × 2-inch baking pans, 4 lb 3 oz per pan. Bake at 350°F for 40 minutes. Sprinkle with powdered sugar and serve warm or serve with Lemon Sauce (p. 586). Cut 5 × 6.

Approximate nutritive values per portion **Calories** 202

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	11%	**Cholest.** 24 mg	8%	**Total Carb.** 32 g	11%	**Vitamin A**	1%	**Calcium**	3%
Sat. Fat 2 g	9%	**Sodium** 190 mg	8%	Fiber 0.4 g	2%	**Vitamin C**	0%	**Iron**	12%
Protein 2 g				Sugars 18 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions.

Variations

- **Almond Meringue Gingerbread.** Cover baked Gingerbread with Meringue for pies (p. 227). Sprinkle with slivered or chopped almonds and brown in 375°F oven.
- **Ginger Muffins.** Measure into greased muffin pans with No. 20 dipper. Yield: 7 dozen.
- **Praline Gingerbread.** Combine 1 lb melted margarine or butter, 2 lb brown sugar, 2 lb chopped pecans, and 1½–2 cups cream. Spread 2 lb 12 oz mixture over each pan. Brown under broiler, or return to oven and heat until topping is slightly browned.

POUND CAKE

Yield: 48 portions or 2 cakes (10-inch tube pans) *Portion:* 24 slices per cake
Oven: 325°F *Bake:* 1 hour 15 minutes

Ingredient	*Amount*	*Procedure*
Flour, cake Sugar, granulated Salt Baking powder	1 lb 10 oz 2 lb 1 Tbsp ½ tsp	Combine dry ingredients in mixer bowl. Blend on low speed for 1 minute, using flat beater.
Eggs	10 (1 lb 2 oz)	Add eggs to dry ingredients. Mix until ingredients are mixed evenly and lumps disappear. Batter will be stiff.
Shortening Milk	1 lb 2 oz ¼ cup	Add shortening and milk to mixture in bowl. Cream on medium speed until very light, about 10 minutes.
Milk Almond extract Vanilla	1½ cups 1½ tsp 1½ tsp	Add milk and extracts slowly. Mix on low speed for 2–3 minutes or just until blended.
		Scale batter into two greased 10-inch tube pans, 3 lb 6 oz per pan. Bake at 325°F for 1 hour 15 minutes to 1 hour 25 minutes, or until cake tests done. Drop bottom of cake pans onto counter from a distance of 2–3 inches as cakes are removed from oven to produce a compact texture. Cool. Remove from pans. Cut into 24 slices.

Approximate nutritive values per portion **Calories** 245

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**19%**	**Cholest.** 46 mg	**16%**	**Total Carb.** 32 g	**11%**	**Vitamin A**	**2%**	**Calcium**	**2%**
Sat. Fat 3 g	**16%**	**Sodium** 155 mg	**6%**	Fiber 0.4 g	**1%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 3 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- May be baked in four loaf pans (5 × 9 × 2¾ inches), 1 lb 10 oz batter per pan. Cut in 12 slices.

PUMPKIN CAKE

Yield: 48 portions or 3 cakes (10-inch tube pans) *Portion:* 16 slices per cake
Oven: 350°F *Bake:* 60–70 minutes

Ingredient	*Amount*	*Procedure*
Eggs	12 (1 lb 4 oz)	Beat eggs on medium speed until blended.
Sugar, granulated	2 lb 10 oz	Add sugar to eggs gradually, beating on high speed until thick and lemon colored.
Vegetable oil	1 qt	Add oil very slowly on low speed.
Flour, all-purpose Baking powder Baking soda Salt Cinnamon, ground	2 lb 10 oz 2 Tbsp 2 Tbsp 1 Tbsp 3 Tbsp	Combine dry ingredients in a separate bowl.
Pumpkin, canned	3 lb	On low speed, add pumpkin alternately with dry ingredients, beginning and ending with dry ingredients.
		Scale batter into three ungreased 10-inch tube pans, 3 lb 12 oz per pan. Bake at 350°F for 60–70 minutes. When cool, remove from pans and drizzle with Powdered Sugar Glaze (p. 196).

Approximate nutritive values per portion **Calories** 377

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**30%**	**Cholest.** 53 mg	**18%**	**Total Carb.** 47 g	**16%**	**Vitamin A**	**64%**	**Calcium**	**5%**
Sat. Fat 3 g	**14%**	**Sodium** 220 mg	**9%**	Fiber 2 g	**6%**	**Vitamin C**	**2%**	**Iron**	**9%**
Protein 4 g				Sugars 24 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

CHOCOLATE ROLL

Yield: 48 portions or 4 pans 12 × 18 × 2 inches *Portion:* 1-inch slice
Oven: 325°F *Bake:* 20 minutes

Ingredient	*Amount*	*Procedure*
Egg yolks	24 (14 oz)	Beat egg yolks on high speed, using flat beater.
Sugar, granulated	2 lb 4 oz	Add sugar and continue beating until mixture is lemon colored, thick, and fluffy.
Unsweetened chocolate, melted	12 oz	Add chocolate and vanilla. Blend on low speed.
Vanilla	2 Tbsp	
Flour, cake	9 oz	Combine flour, baking powder, and salt. Add to creamed mixture on low speed.
Baking powder	1 Tbsp	
Salt	1½ tsp	
Egg whites	24 (1 lb 11 oz)	Beat egg whites on high speed until they form rounded peaks. Fold into cake mixture on low speed. Scale batter, 1 lb 7 oz per pan, into four greased 12 × 18 × 2-inch pans lined with baking liners. Bake at 325°F for 20 minutes.
		When baked, remove from pans and quickly remove baking liner. Trim edges if hard. Roll (Figure 5.3) and let stand a few minutes. Unroll and spread with one of the fillings suggested (see Note). Roll up securely. Cover with a thin layer of Chocolate Icing (p. 190).

Approximate nutritive values per portion **Calories** 159

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**7%**	**Cholest.** 35 mg	**12%**	**Total Carb.** 28 g	**9%**	**Vitamin A**	**1%**	**Calcium**	**2%**
Sat. Fat 2 g	**9%**	**Sodium** 122 mg	**5%**	Fiber 0.6 g	**2%**	**Vitamin C**	**0%**	**Iron**	**5%**
Protein 4 g				Sugars 22 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Suggested fillings: Custard Filling (p. 198) or whipped cream, plain or flavored with peppermint.

Variation
- **Ice Cream Roll.** Spread with a thick layer of softened vanilla ice cream. Roll up securely and wrap in waxed paper. Place in freezer for several hours before serving.

JELLY ROLL

Yield: 48 portions or 4 pans 12 × 18 × 2 inches *Portion:* 1-inch slice
Oven: 375°F *Bake:* 12 minutes

Ingredient	*Amount*	*Procedure*
Eggs	27 (3 lb)	Beat eggs on high speed for 1–2 minutes, using flat beater.
Sugar, granulated Vanilla	3 lb 1 Tbsp	Add sugar and vanilla to eggs. Beat 10–15 minutes.
Flour, cake Cream of tartar Baking powder Salt	1 lb 8 oz 2 Tbsp 2 Tbsp 2 tsp	Mix dry ingredients. Fold on low speed into egg-sugar mixture.
		Scale batter, 1 lb 14 oz per pan, into four greased 12 × 18 × 2-inch baking pans lined with baking liners. Bake at 375°F for 12 minutes.
		When baked, turn onto a cloth or heavy paper covered with powdered sugar (Figure 5.3). Quickly remove baking liners and trim edges if hard. Immediately roll cakes tightly.
Jelly or Custard Filling (p. 198)	1 qt	When cooled but not cold, unroll, spread with jelly or Custard Filling, 1 cup per roll. Roll firmly and wrap with waxed paper.
Sugar, powdered	1 lb	Sprinkle top of each roll with 4 oz powdered sugar. Slice each roll into 12 portions.

Approximate nutritive values per portion **Calories** 311

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	**5%**	**Cholest.** 121 mg	**40%**	**Total Carb.** 67 g	**22%**	**Vitamin A**	**5%**	**Calcium**	**4%**
Sat. Fat 1 g	**5%**	**Sodium** 170 mg	**7%**	Fiber 0.3 g	**1%**	**Vitamin C**	**2%**	**Iron**	**10%**
Protein 5 g				Sugars 49 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- May be baked in two 18 × 26 × 1-inch pans, scaled 3 lb 12 oz per pan.

Variation
- **Apricot Roll.** Cover cakes with Apricot Filling (p. 197) and roll. Cover outside with sweetened whipped cream or whipped topping and toasted coconut.

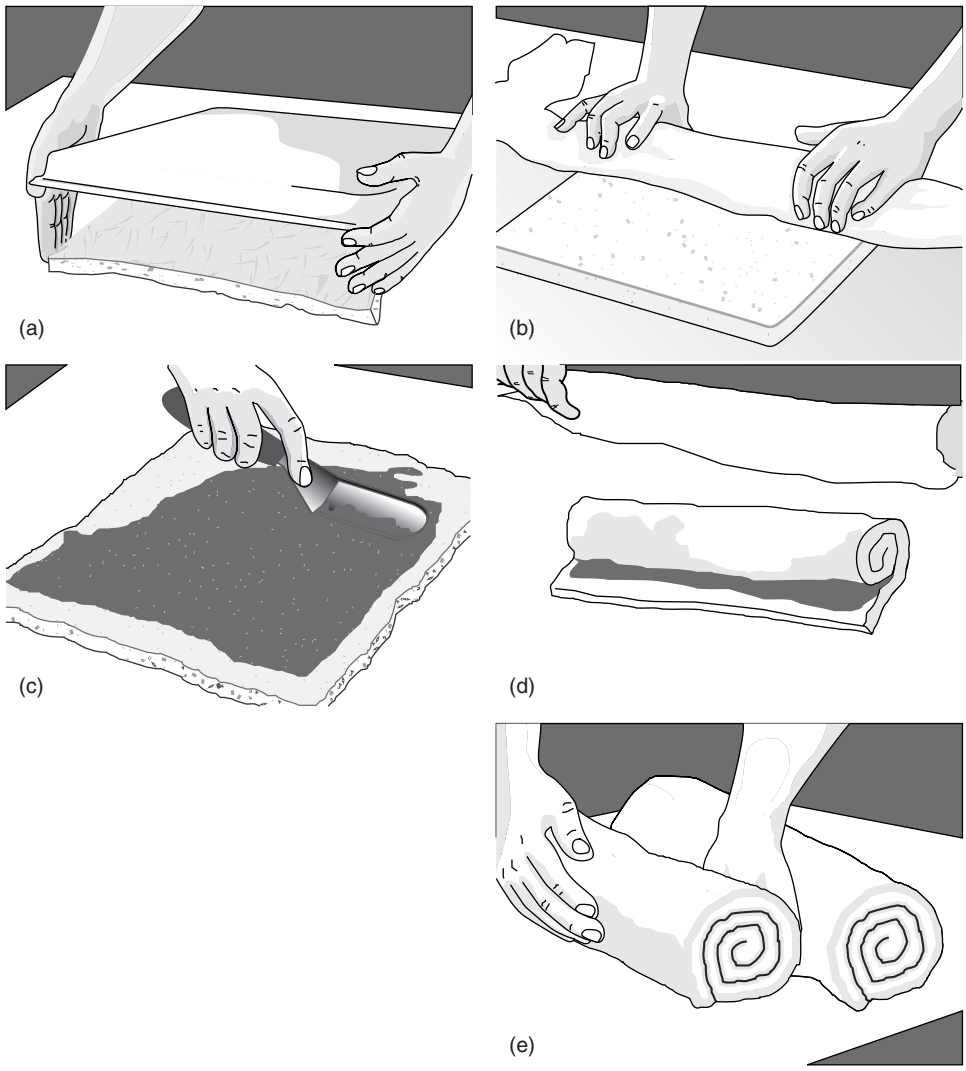


FIGURE 5.3 Rolling and filling a jelly roll. (a) Turn baked cake onto a cloth sprinkled with powdered sugar. Remove waxed or parchment paper. (b) While still warm, roll tightly. (c) When cooled but not cold, unroll and spread with filling. (d) Roll firmly. (e) Sprinkle finished jelly roll with powdered sugar.

PUMPKIN CAKE ROLL

Yield: 50 portions or 2 rolls *Portion:* 25 slices per roll
Oven: 375°F *Bake:* 15 minutes

Ingredient	*Amount*	*Procedure*
Eggs	18 (2 lb)	Whip eggs on high speed until thick and lemon colored, using flat beater.
Sugar, granulated	2 lb 13 oz	Add sugar gradually while mixing on medium speed.
Pumpkin, canned Lemon juice	2 lb 3 oz 2 Tbsp	Add pumpkin and lemon juice to egg mixture, mixing until blended.
Flour, all-purpose Baking powder Salt Cinnamon, ground Ginger, ground Nutmeg, ground	1 lb 2 oz 1 oz 1 Tbsp 1 oz 4 tsp 1 Tbsp	Combine dry ingredients in a bowl. Fold into pumpkin mixture. Scale batter, 4 lb per pan, into two greased 28 × 26 × 1-inch baking pans lined with baking liners. Bake at 375°F for 15 minutes or until cake tests done.
Sugar, powdered	6 oz	Sift powdered sugar generously onto a large white cloth. Loosen edges of cake and turn onto cloth. Remove paper (Figure 5.3). Roll cake and cloth up jelly-roll fashion. Cool.
Cream cheese, softened Margarine	2 lb 10 oz	Beat cream cheese and margarine until creamy, using flat beater.
Sugar, powdered Vanilla	1 lb 6 oz 1 Tbsp	Add sugar and vanilla to cream cheese mixture. Beat until smooth and creamy. Unroll cooled cake. Spread cream cheese filling over unrolled cakes, 2 lb per cake. Reroll cake.
Nuts, chopped	2 cups	Garnish with 1 cup nuts sprinkled over each roll. Chill. Cut each roll into 25 portions.

Approximate nutritive values per portion **Calories** 370

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**24%**	**Cholest.** 97 mg	**32%**	**Total Carb.** 53 g	**18%**	**Vitamin A**	**56%**	**Calcium**	**9%**
Sat. Fat 6 g	**29%**	**Sodium** 318 mg	**13%**	Fiber 1 g	**5%**	**Vitamin C**	**1%**	**Iron**	**9%**
Protein 6 g				Sugars 40 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- If needed, sift additional powdered sugar over top of rolled cake.

ICING RECIPES

BOILED ICING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Sugar, granulated Water, hot	2 lb 1¼ cups	Combine sugar and water. Stir until sugar is dissolved. Boil without stirring to soft ball stage (238°F).
Egg whites	4 (4 oz)	Beat egg whites on high speed until stiff but not dry, using wire whip attachment. Gradually pour syrup over egg whites while beating. Continue beating until icing is of consistency to spread.
Vanilla	1 Tbsp	Add vanilla. Spread on cake at once.

Approximate nutritive values per cup **Calories** 451

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 114 g	38%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 26 mg	1%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 1 g				Sugars 110 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation • See variations of Ice Cream Icing (p. 190).

BURNT BUTTER ICING

Yield: 1¼ qt

Ingredient	*Amount*	*Procedure*
Butter or margarine	9 oz	Heat butter in sauce pan until golden brown.
Sugar, powdered, sifted	1 lb 8 oz	Add sugar to butter and blend.
Vanilla Water, hot	1 Tbsp ½ cup	Add vanilla and water. Beat until of spreading consistency. Add more water if necessary.

Approximate nutritive values per cup **Calories** 899

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 41 g	63%	**Cholest.** 0 mg	0%	**Total Carb.** 137 g	46%	**Vitamin A**	15%	**Calcium**	1%
Sat. Fat 8 g	40%	**Sodium** 483 mg	20%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 1 g				Sugars 127 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • This amount will ice 8 dozen 1½-inch cookies. If used for cake, increase by one-fourth.

ICE CREAM ICING

Yield: 2½ qt

Ingredient	*Amount*	*Procedure*
Sugar, granulated Water, hot	1 lb 8 oz 1 cup	Combine sugar and water. Boil without stirring to soft ball stage (238°F).
Pasteurized egg whites	9 (10 oz)	Beat egg whites until frothy, using wire whip attachment.
Sugar, powdered, sifted	3 oz	Add powdered sugar to egg whites and beat on high speed to consistency of meringue. Add hot syrup slowly and continue beating until mixture is thick and creamy.
Sugar, powdered, sifted Vanilla	8 oz 1 Tbsp	Add powdered sugar and vanilla. Beat until smooth. Add more sugar if necessary to make icing hold its shape when spread.

Approximate nutritive values per cup **Calories** 402

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 100 g	**33%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 49 mg	**2%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 3 g				Sugars 95 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- This icing may be kept 2–3 days in a covered container in the refrigerator.

Variations

- **Bittersweet Icing.** Melt 8 oz unsweetened chocolate over hot water. Gradually stir in 1½ oz margarine or butter. When slightly cool, pour over white icing to form a design.
- **Candied Fruit Icing.** Add 8 oz chopped candied fruit.
- **Chocolate Icing.** Add 8 oz melted chocolate.
- **Coconut Icing.** Frost cake. Sprinkle with 4 oz dry shredded coconut.
- **Maple Nut Icing.** Delete vanilla. Flavor with 1½ tsp maple flavoring. Add 6 oz chopped nuts.
- **Maraschino Cherry Icing.** Delete vanilla. Add ½ tsp almond extract and 8 oz chopped maraschino cherries.
- **Peppermint Icing.** Add 8 oz finely crushed peppermint candy.

CHOCOLATE BUTTER CREAM ICING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Margarine or butter	1 lb 8 oz	Cream margarine on medium speed until fluffy.
Evaporated milk	½ cup	Add milk and blend.
Sugar, powdered, sifted	1 lb 8 oz	Add sugar gradually. Mix on medium speed until smooth.
Unsweetened chocolate, melted	6 oz	Add chocolate and vanilla. Beat on high speed until light and fluffy.
Vanilla	1 tsp	

Approximate nutritive values per cup **Calories** 1067

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 81 g	**124%**	**Cholest.** 5 mg	**2%**	**Total Carb.** 94 g	**31%**	**Vitamin A**	**26%**	**Calcium**	**8%**
Sat. Fat 19 g	**93%**	**Sodium** 821 mg	**34%**	Fiber 1 g	**6%**	**Vitamin C**	**0%**	**Iron**	**9%**
Protein 4 g				Sugars 82 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Milk may be substituted for evaporated milk.

COCONUT PECAN ICING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Evaporated milk	2 cups	Combine milk, egg yolks, sugar, and margarine.
Egg yolks, beaten	6 (4 oz)	Cook in steam-jacketed kettle or over hot water until thickened.
Sugar, granulated	1 lb	
Margarine	8 oz	
Pecans, finely chopped	12 oz	Add pecans, coconut, and vanilla.
Coconut, flaked	12 oz	Cool, then beat well until thick enough to spread.
Vanilla	2 tsp	

Approximate nutritive values per cup **Calories** 1033

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 74 g	**114%**	**Cholest.** 200 mg	**67%**	**Total Carb.** 89 g	**30%**	**Vitamin A**	**40%**	**Calcium**	**21%**
Sat. Fat 23 g	**115%**	**Sodium** 350 mg	**15%**	Fiber 5 g	**21%**	**Vitamin C**	**3%**	**Iron**	**13%**
Protein 12 g				Sugars 71 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

CREAM CHEESE ICING

Yield: 1¾ qt

Ingredient	*Amount*	*Procedure*
Cream cheese, softened Margarine, softened Milk	12 oz 2 oz ¼ cup	Blend cream cheese, margarine, and milk on medium speed until smooth.
Sugar, powdered, sifted Vanilla	2 lb 12 oz 1 Tbsp	Add sugar gradually to cheese-margarine mixture. Add vanilla and beat until smooth and of spreading consistency.

Approximate nutritive values per cup **Calories** 927

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 24 g	**37%**	**Cholest.** 55 mg	**18%**	**Total Carb.** 181 g	**60%**	**Vitamin A**	**23%**	**Calcium**	**5%**
Sat. Fat 12 g	**61%**	**Sodium** 228 mg	**10%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**4%**
Protein 4 g				Sugars 167 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation

- **Orange Cheese Icing.** Substitute 1 Tbsp orange juice and 1 Tbsp grated orange peel for vanilla.

CREAMY ICING

Yield: 1½ qt

Ingredient	*Amount*	*Procedure*
Margarine	12 oz	Cream margarine on medium speed for 1 minute or until soft.
Evaporated milk Vanilla	½ cup 1 Tbsp	Add milk and vanilla. Mix until blended.
Sugar, powdered, sifted	2 lb	Add sugar gradually. Whip on medium speed until mixture is smooth and creamy.

Approximate nutritive values per cup **Calories** 1024

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 47 g	**73%**	**Cholest.** 6 mg	**2%**	**Total Carb.** 155 g	**52%**	**Vitamin A**	**18%**	**Calcium**	**7%**
Sat. Fat 10 g	**50%**	**Sodium** 558 mg	**23%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**1%**
Protein 2 g				Sugars 141 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Milk or cream may be substituted for evaporated milk.

Variations

- **Cocoa Icing.** Increase liquid to 1¼ cups. Add 6 oz cocoa sifted with the sugar.
- **Lemon Butter Icing.** Substitute ¼ cup lemon juice for an equal amount of milk, and 1½ Tbsp fresh grated lemon peel for the vanilla.
- **Orange Butter Icing.** Substitute ½ cup orange juice for an equal amount of milk, and 1 Tbsp fresh grated orange peel for the vanilla.

ORANGE ICING

Yield: 1½ qt

Ingredient	*Amount*	*Procedure*
Margarine	8 oz	Cream margarine until fluffy.
Sugar, powdered, sifted	2 lb 8 oz	Add sugar gradually on medium speed. Mix until creamy.
Vanilla	2 Tbsp	Add remaining ingredients. Blend until smooth.
Salt	½ tsp	
Orange juice	¼ cup	
Lemon juice	¼ cup	
Orange peel, grated	1 tsp	

Approximate nutritive values per cup **Calories** 1020

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 30 g	**47%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 193 g	**64%**	**Vitamin A**	**11%**	**Calcium**	**1%**
Sat. Fat 6 g	**30%**	**Sodium** 538 mg	**22%**	Fiber 0 g	**0%**	**Vitamin C**	**11%**	**Iron**	**1%**
Protein 0 g				Sugars 177 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

PEANUT BUTTER ICING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Sugar, powdered, sifted	3 lb	Cream powdered sugar and shortening for 5 minutes.
Margarine	10 oz	
Peanut butter, creamy	5 oz	Add to creamed mixture. Cream until fluffy. Spread on Peanut Butter Cake (p. 179).
Water, warm	¾ cup	
Vanilla	1 Tbsp	

Approximate nutritive values per cup **Calories** 1018

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 38 g	**58%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 174 g	**58%**	**Vitamin A**	**35%**	**Calcium**	**1%**
Sat. Fat 7 g	**35%**	**Sodium** 469 mg	**20%**	Fiber 1 g	**4%**	**Vitamin C**	**0%**	**Iron**	**2%**
Protein 4 g				Sugars 160 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- ½ oz (1 Tbsp) caramel food color may be added for a darker color.

PINEAPPLE ICING (FOR PINEAPPLE CASHEW CAKE)

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Margarine Sugar, powdered Salt	1 lb 1 lb 4 oz ¼ tsp	Blend in mixer bowl, using flat beater.
Pineapple juice	¾ cup	Add pineapple juice. Mix to blend.
Sugar, powdered	1 lb 6 oz	Add sugar in three additions. Beat on medium speed until light and of the desired consistency.

Approximate nutritive values per cup **Calories** 1048

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 46 g	**70%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 167 g	**56%**	**Vitamin A**	**16%**	**Calcium**	**2%**
Sat. Fat 9 g	**45%**	**Sodium** 603 mg	**25%**	Fiber 0 g	**0%**	**Vitamin C**	**4%**	**Iron**	**1%**
Protein 1 g				Sugars 155 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Crushed pineapple may be substituted for pineapple juice. Add additional juice in small quantities until icing is of spreading consistency.

MOCHA ICING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Hot coffee, strong Margarine, softened Cocoa	1½ cups 3 oz 4 oz	Add coffee to margarine and cocoa. Mix on medium speed until blended.
Sugar, powdered, sifted Salt Vanilla	3 lb ¼ tsp ½ tsp	Add sugar, salt, and vanilla. Mix until smooth. Add more sugar if necessary to make icing hold its shape when spread.

Approximate nutritive values per cup **Calories** 761

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**15%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 179 g	**60%**	**Vitamin A**	**3%**	**Calcium**	**2%**
Sat. Fat 2 g	**10%**	**Sodium** 178 mg	**7%**	Fiber 0.2 g	**1%**	**Vitamin C**	**0%**	**Iron**	**28%**
Protein 3 g				Sugars 158 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Instant coffee, 2 Tbsp dissolved in 1½ cups hot water, may be used in place of brewed coffee.

CHOCOLATE GLAZE

Yield: 1 qt

Ingredient	*Amount*	*Procedure*
Unsweetened chocolate	4 oz	Melt chocolate and margarine over low heat.
Margarine	3 oz	
Sugar, powdered, sifted	1 lb 5 oz	Add sugar, vanilla, and water gradually.
Vanilla	1 Tbsp	Beat until smooth. If needed, add boiling water, a few drops at a time, to make spreading consistency.
Water, boiling	½ cup	

Approximate nutritive values per cup **Calories** 877

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 32 g	**49%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 159 g	**53%**	**Vitamin A**	**6%**	**Calcium**	**2%**
Sat. Fat 9 g	**46%**	**Sodium** 204 mg	**8%**	Fiber 2 g	**7%**	**Vitamin C**	**0%**	**Iron**	**11%**
Protein 3 g				Sugars 143 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

PEANUT BUTTER GLAZE

Yield: 5½ cups

Ingredient	*Amount*	*Procedure*
Margarine, melted	3 oz	Cream margarine and peanut butter.
Peanut butter	8 oz	
Sugar, powdered, sifted	1 lb 10 oz	Add sugar and milk alternately to make spreading consistency.
Milk	1 cup	Spread over rolls.

Approximate nutritive values per cup **Calories** 822

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 32 g	**49%**	**Cholest.** 5 mg	**2%**	**Total Carb.** 133 g	**44%**	**Vitamin A**	**5%**	**Calcium**	**6%**
Sat. Fat 7 g	**34%**	**Sodium** 336 mg	**14%**	Fiber 2 g	**9%**	**Vitamin C**	**0%**	**Iron**	**4%**
Protein 11 g				Sugars 119 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

POWDERED SUGAR GLAZE

Yield: 5 cups

Ingredient	*Amount*	*Procedure*
Sugar, powdered	2 lb	Mix until smooth, adding more water if necessary.
Corn syrup, white	½ cup	Cover tightly until needed. Stir before using.
Water, warm	¾ cup	
Vanilla	2 tsp	

Approximate nutritive values per cup **Calories** 791

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 206 g	**69%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 0 mg	**0%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**1%**
Protein 0 g				Sugars 192 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes
- Use for icing baked rolls or products requiring a thin icing.
- Thin, if necessary, to spread.

FILLING RECIPES

CHOCOLATE CREAM FILLING

Yield: 3 qt

Ingredient	*Amount*	*Procedure*
Chocolate chips	2 lb 4 oz (3 12-oz pkgs)	Combine chocolate chips, orange juice, and sugar. Melt over hot water. Cool.
Orange juice or water	1 cup	
Sugar, granulated	8 oz	
Cream, whipping	1½ cup qt	Whip cream until stiff. Fold into chocolate mixture.

Approximate nutritive values per cup **Calories** 827

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 61 g	**94%**	**Cholest.** 133 mg	**44%**	**Total Carb.** 81 g	**27%**	**Vitamin A**	**42%**	**Calcium**	**10%**
Sat. Fat 23 g	**116%**	**Sodium** 44 mg	**2%**	Fiber 0 g	**0%**	**Vitamin C**	**13%**	**Iron**	**12%**
Protein 7 g				Sugars 72 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Use as filling for Orange Cream Puffs (p. 257).

Variation
- **Chocolate Mousse.** Whip 10 egg whites to a soft peak and fold into chocolate whipped cream mixture. Chill. May be frozen.

DATE FILLING

Yield: 1½ qt

Ingredient	*Amount*	*Procedure*
Dates, pitted, chopped	2 lb	Combine dates, water, and sugar.
Water	2¼ cups	Cook until mixture is thick. Cool.
Sugar, granulated	12 oz	

Approximate nutritive values per cup **Calories** 635

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	**1%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 168 g	**56%**	**Vitamin A**	**0%**	**Calcium**	**5%**
Sat. Fat 0 g	**0%**	**Sodium** 8 mg	**1%**	Fiber 13 g	**53%**	**Vitamin C**	**0%**	**Iron**	**9%**
Protein 3 g				Sugars 152 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Use as cake or cookie filling.
- To add flavor, 6 oz jelly or ¼ cup orange juice may be used in place of ¼ cup of the water.

APRICOT FILLING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Apricots, dried	2 lb	Cook apricots and water together.
Water	2 cups	When cooked, chop apricots.
Sugar, granulated	1 lb	Add sugar, flour, salt, and lemon juice to apricots. Cook to a paste.
Flour, all-purpose	4 oz	
Salt	½ tsp	
Lemon juice	½ cup	
Margarine	1 lb	Blend margarine into hot mixture.

Approximate nutritive values per cup **Calories** 951

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 46 g	**71%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 139 g	**46%**	**Vitamin A**	**99%**	**Calcium**	**7%**
Sat. Fat 9 g	**45%**	**Sodium** 686 mg	**29%**	Fiber 9 g	**37%**	**Vitamin C**	**10%**	**Iron**	**33%**
Protein 6 g				Sugars 100 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Fig Filling.** Substitute 2 lb dried figs, cooked and chopped, for the apricots. Increase lemon juice to 1 cup.
- **Prune–Date Filling.** Substitute 1 lb cooked, pitted, and chopped prunes and 1 lb chopped dates for the apricots.

CUSTARD FILLING

Yield: 4 qt

Ingredient	*Amount*	*Procedure*
Cornstarch Sugar, granulated Salt	6 oz 1 lb ½ tsp	Combine dry ingredients.
Milk, cold	2 cups	Add cold milk to dry ingredients and stir until smooth.
Milk, hot	2½ qt	Add cold mixture to hot milk, stirring constantly with wire whip. Cook over hot water until thick.
Eggs, beaten	10 (1 lb)	Add, while stirring, a small amount of hot mixture to the beaten eggs. Add to remainder of hot mixture, stirring constantly. Cook 7 minutes.
Vanilla	2 tsp	Remove from heat. Add vanilla. Cool quickly (within 4 hours) to below 41°F.

Approximate nutritive values per cup **Calories** 307

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**14%**	**Cholest.** 146 mg	**49%**	**Total Carb.** 47 g	**16%**	**Vitamin A**	**12%**	**Calcium**	**23%**
Sat. Fat 5 g	**23%**	**Sodium** 194 mg	**8%**	Fiber 0 g	**0%**	**Vitamin C**	**2%**	**Iron**	**3%**
Protein 10 g				Sugars 37 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Store at an internal temperature below 41°F. See p. 44 for recommended cooling procedures.
- Use as a filling for cakes, Cream Puffs (p. 257), Chocolate Roll (p. 185), and Eclairs (p. 257).
- To fill three 9-inch layer cakes, use ⅓ recipe.

LEMON FILLING

Yield: 1¾ qt

Ingredient	*Amount*	*Procedure*
Sugar, granulated	1 lb	Heat sugar and water to boiling point.
Water	3 cups	
Cornstarch	2½ oz	Blend cornstarch and cold water.
Water, cold	¾ cup	Gradually add to boiling sugar and water while stirring with a wire whip.
		Cook until thickened and clear, stirring constantly.
Egg yolks, beaten	4 (3 oz)	Stir a small amount of hot mixture into egg yolks, then blend egg yolks into hot mixture with wire whip.
		Cook 5–8 minutes while stirring.
Salt	¾ tsp	Add remaining ingredients. Stir to blend.
Lemon juice	½ cup	Cool quickly (within 4 hours) to below 41°F.
Fresh lemon peel, grated	2 tsp	
Margarine	1 oz (2 Tbsp)	

Approximate nutritive values per cup **Calories** 365

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 156 mg	**52%**	**Total Carb.** 76 g	**25%**	**Vitamin A**	**24%**	**Calcium**	**2%**
Sat. Fat 2 g	**9%**	**Sodium** 281 mg	**12%**	Fiber 0.2 g	**1%**	**Vitamin C**	**8%**	**Iron**	**3%**
Protein 2 g				Sugars 63 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standard:* Store at an internal temperature below 41°F. See p. 44 for recommended cooling procedures.

Variations

- **Lime Filling.** Substitute fresh lime for the lemon. Add a few drops of green food coloring.
- **Orange Filling.** Substitute orange juice for the water and fresh orange peel for the lemon peel. Reduce lemon juice to 3 Tbsp.

MARMALADE NUT FILLING

Yield: 1 qt

Ingredient	*Amount*	*Procedure*
Margarine	2 oz	Melt margarine.
Walnuts, pieces	1 lb	Add nuts. Cook and stir until nuts are toasted.
Sugar, brown	6 oz	Add sugar and cinnamon. Cook until heated through.
Cinnamon, ground	1 tsp	
Orange marmalade	1 lb	Add marmalade. Mix well.

Approximate nutritive values per cup **Calories** 1052

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 76 g	**116%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 79 g	**26%**	**Vitamin A**	**8%**	**Calcium**	**12%**
Sat. Fat 6 g	**32%**	**Sodium** 156 mg	**6%**	Fiber 4 g	**17%**	**Vitamin C**	**63%**	**Iron**	**27%**
Protein 30 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • Use for filling in fruit ring or sweet rolls.

PRUNE FILLING

Yield: 1½ qt

Ingredient	*Amount*	*Procedure*
Prunes, pitted, cooked and chopped	2 cups	Add cream, margarine, and eggs to prunes. Heat over hot water.
Sour cream	1 cup	
Margarine	2 oz	
Eggs, beaten	4 (7 oz)	
Sugar, granulated	1 lb	Mix dry ingredients. Add to prune mixture.
Salt	½ tsp	Cook and stir over hot water until thick. Cool.
Flour, all-purpose	1 oz (¼ cup)	

Approximate nutritive values per cup **Calories** 587

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 19 g	**29%**	**Cholest.** 158 mg	**53%**	**Total Carb.** 102 g	**34%**	**Vitamin A**	**20%**	**Calcium**	**8%**
Sat. Fat 8 g	**38%**	**Sodium** 332 mg	**14%**	Fiber 3 g	**11%**	**Vitamin C**	**4%**	**Iron**	**8%**
Protein 7 g				Sugars 90 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • 8 oz chopped nuts may be added.

Variation • **Apricot Filling.** Substitute dried apricots for prunes.

DROP COOKIE RECIPES

BUTTERSCOTCH DROP COOKIES

Yield: 8 dozen cookies *Portion:* ¾ oz per cookie
Oven: 375°F *Bake:* 10–15 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, brown	8 oz 1 lb	Cream margarine and brown sugar on medium speed for 5 minutes, using flat beater.
Eggs Vanilla	4 (7 oz) 2 tsp	Add eggs and vanilla to creamed mixture. Mix on medium speed until well blended.
Flour, all-purpose Baking powder Baking soda Salt	1 lb 4 oz 1 tsp 2 tsp 1 tsp	Combine dry ingredients.
Sour cream	1 lb	Add dry ingredients alternately with sour cream to dough. Mix on low speed until blended.
Walnuts, chopped	8 oz	Add nuts. Mix until blended. Chill dough until firm.
		Portion with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake at 375°F for 10–12 minutes. Cover with Burnt Butter Icing (p. 189) while cookies are still warm.

Approximate nutritive values per cookie **Calories** 84

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	**7%**	**Cholest.** 11 mg	**4%**	**Total Carb.** 10 g	**3%**	**Vitamin A**	**2%**	**Calcium**	**1%**
Sat. Fat 1 g	**6%**	**Sodium** 81 mg	**3%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**2%**
Protein 2 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Butterscotch Squares.** Spread batter in 12 × 18 × 2-inch baking pan. Bake at 325°F for 25 minutes.
- **Chocolate Drop Cookies.** Add 4 oz unsweetened chocolate, melted, to creamed mixture.

COCONUT MACAROONS

Yield: 9 dozen cookies *Portion:* ½ oz per cookie
Oven: 325°F *Bake:* 15 minutes

Ingredient	*Amount*	*Procedure*
Egg whites Salt	8 (9 oz) ⅛ tsp	Beat egg whites and salt on high speed until frothy, using whip attachment.
Sugar, granulated Sugar, powdered	12 oz 12 oz	Combine sugars and add gradually to egg whites.
Vanilla	2 tsp	Add vanilla. Continue beating on high speed until stiff.
Coconut, shredded	1 lb 6 oz	Carefully fold in coconut on low speed. Portion with No. 60 dipper 4 × 6 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake at 325°F for 15 minutes.

Approximate nutritive values per cookie **Calories** 53

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 0 mg	0%	**Total Carb.** 9 g	3%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 2 g	8%	**Sodium** 24 mg	1%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 1 g				Sugars 8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

CHOCOLATE CHIP COOKIES

Yield: 10 dozen cookies *Portion:* ¾ oz per cookie
Oven: 375°F *Bake:* 8–10 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, granulated Sugar, brown	12 oz 8 oz 8 oz	Cream margarine and sugars on medium speed for 5 minutes, using flat beater.
Eggs Vanilla	4 (7 oz) 2 tsp	Add eggs and vanilla to creamed mixture and beat until light and fluffy.
Flour, all-purpose Salt Baking soda	1 lb 4 oz 1 tsp 2 tsp	Combine dry ingredients. Add on low speed to creamed mixture.
Nuts, coarsely chopped Chocolate chips	1 lb 1 lb 8 oz	Add nuts and chocolate chips. Mix until blended.
		Portion with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake at 375°F for 8–10 minutes.

Approximate nutritive values per cookie **Calories** 103

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	9%	**Cholest.** 7 mg	2%	**Total Carb.** 12 g	4%	**Vitamin A**	1%	**Calcium**	1%
Sat. Fat 1 g	3%	**Sodium** 69 mg	3%	Fiber 1 g	2%	**Vitamin C**	0%	**Iron**	3%
Protein 2 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- For jumbo cookies, use No. 20 dipper. Bake at 365°F for 12–15 minutes.

BUTTERSCOTCH PECAN COOKIES

Yield: 10 dozen cookies *Portion:* 3/4 oz per cookie
Oven: 375°F *Bake:* 10–12 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, brown	1 lb 2 lb	Cream margarine and sugar on medium speed for 5 minutes, using flat beater.
Eggs Vanilla	4 (7 oz) 1 Tbsp	Add eggs and vanilla to creamed mixture. Mix on low speed until blended.
Flour, all-purpose Pecans, chopped	1 lb 8 oz 1 lb	Add flour and pecans. Mix on low speed until blended.
		Portion with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake at 375°F for 10–12 minutes.

Approximate nutritive values per cookie **Calories** 104

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**9%**	**Cholest.** 7 mg	**2%**	**Total Carb.** 12 g	**4%**	**Vitamin A**	**1%**	**Calcium**	**1%**
Sat. Fat 1 g	**4%**	**Sodium** 41 mg	**2%**	Fiber 0.4 g	**2%**	**Vitamin C**	**0%**	**Iron**	**2%**
Protein 1 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

OATMEAL COOKIES

Yield: 8 dozen cookies *Portion:* 3/4 oz per cookie
Oven: 375°F *Bake:* 8–11 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, brown Sugar, granulated	1 lb 4 oz 8 oz 8 oz	Cream margarine and sugars on medium speed for 5 minutes, using flat beater.
Eggs Vanilla	2 (4 oz) 2 tsp	Add eggs and vanilla to creamed mixture. Continue to cream until well mixed.
Flour, all-purpose Salt Baking soda	12 oz 1 tsp 2 tsp	Combine dry ingredients. Add to creamed mixture.
Rolled oats, uncooked	1 lb	Add oats. Mix on low speed until blended.
Raisins, softened	12 oz	Add raisins. Mix only to blend. Portion with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Flatten slightly. Bake at 375°F for 8–9 minutes for a chewy cookie, 10–11 minutes for a crisp cookie.

Approximate nutritive values per cookie **Calories** 104

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**8%**	**Cholest.** 5 mg	**2%**	**Total Carb.** 14 g	**5%**	**Vitamin A**	**1%**	**Calcium**	**0%**
Sat. Fat 1 g	**5%**	**Sodium** 95 mg	**4%**	Fiber 0.3 g	**1%**	**Vitamin C**	**0%**	**Iron**	**2%**
Protein 1 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For variety, add 8 oz chopped nuts, chocolate chips, or coconut.
- 2 tsp cinnamon may be added.

PEANUT BUTTER COOKIES

Yield: 9 dozen cookies *Portion:* 3/4 oz per cookie
Oven: 375°F *Bake:* 8 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, granulated Sugar, brown	1 lb 1 lb 10 oz	Cream margarine and sugars on medium speed for 5 minutes using flat beater.
Eggs Vanilla	4 (7 oz) 2 tsp	Add eggs and vanilla. Continue beating until blended.
Peanut butter	1 lb 2 oz	Add peanut butter to creamed mixture. Blend on low speed.
Flour, all-purpose Baking soda Salt	l lb 2 tsp 1 tsp	Combine dry ingredients. Add to creamed mixture. Mix on low speed until well blended.
		Portion dough with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Flatten with tines of a fork. Bake at 375°F for 8 minutes.

Approximate nutritive values per cookie **Calories** 102

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**9%**	**Cholest.** 8 mg	**3%**	**Total Carb.** 11 g	**4%**	**Vitamin A**	**1%**	**Calcium**	**0%**
Sat. Fat 1 g	**6%**	**Sodium** 109 mg	**5%**	Fiber 0.4 g	**2%**	**Vitamin C**	**0%**	**Iron**	**1%**
Protein 2 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Chocolate Chip Peanut Butter Cookies.** Add 1 lb chocolate chips.
- **Chunky Peanut Butter Cookies.** Use chunky peanut butter or add 12 oz chopped peanuts.

JUMBO CHUNK CHOCOLATE COOKIES

Yield: 5 dozen cookies *Portion:* 3½ oz per cookie
Oven: 350°F *Bake:* 10–12 minutes

Ingredient	*Amount*	*Procedure*
Sugar, brown Sugar, granulated Shortening	1 lb 8 oz 1 lb 2 lb	Cream sugars and shortening on medium speed for 5 minutes using flat beater.
Eggs, beaten Vanilla	9 (1 lb) 1½ Tbsp	Add eggs and vanilla to creamed mixture.
Flour, all-purpose Baking soda Salt	2 lb 8 oz 4 tsp 4 tsp	Combine dry ingredients and add to creamed mixture. Mix thoroughly.
Semisweet chocolate chunks Nuts, chopped	4 lb 12 oz 1 lb	Add chocolate and nuts.
		Portion with No. 20 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Flatten slightly. Bake at 350°F for 10–12 minutes.

Approximate nutritive values per cookie **Calories** 502

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 31 g	**48%**	**Cholest.** 32 mg	**11%**	**Total Carb.** 56 g	**19%**	**Vitamin A**	**1%**	**Calcium**	**5%**
Sat. Fat 12 g	**58%**	**Sodium** 243 mg	**10%**	Fiber 4 g	**14%**	**Vitamin C**	**0%**	**Iron**	**15%**
Protein 7 g				Sugars 24 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- These cookies are best when served the same day they are baked.

DROP MOLASSES COOKIES

Yield: 8 dozen cookies *Portion:* 3/4 oz per cookie
Oven: 350°F *Bake:* 8–10 minutes

Ingredient	*Amount*	*Procedure*
Flour, all-purpose	2 lb	Stir together flour, soda, and spices.
Baking soda	2 2/3 Tbsp	Set aside.
Cinnamon, ground	1/4 cup	
Cloves, ground	1 tsp	
Nutmeg, ground	1 tsp	
Ginger, ground	2 tsp	
Salt	2 tsp	
Oil or melted shortening	1 lb 8 oz	Combine shortening and sugar in mixer bowl. Beat on medium speed for 5 minutes, using flat beater.
Sugar, granulated	2 lb	
Eggs	4 (7 oz)	Add eggs, one at a time, beating well after each addition.
Molasses	1 cup	Add molasses gradually to egg mixture. Add dry ingredients gradually on low speed and mix well.
		Portion with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake at 350°F for 8–10 minutes.

Approximate nutritive values per cookie **Calories** 146

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 9 mg	**3%**	**Total Carb.** 19 g	**6%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 2 g	**9%**	**Sodium** 153 mg	**6%**	Fiber 0.3 g	**1%**	**Vitamin C**	**0%**	**Iron**	**4%**
Protein 1 g				Sugars 11 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Cookies will be soft in center.

GINGERSNAPS

Yield: 8 dozen cookies *Portion:* 2/3 oz per cookie
Oven: 375°F *Bake:* 10–12 minutes

Ingredient	*Amount*	*Procedure*
Shortening Sugar, brown	1 lb 1 lb 4 oz	Cream shortening and brown sugar until light and fluffy.
Eggs Molasses	3 (5 oz) 2/3 cup	Add eggs and molasses. Mix well.
Flour Baking soda Cinnamon Ginger, ground Cloves Salt	1 lb 6 oz 1 2/3 Tbsp 2 1/2 tsp 2 1/2 tsp 1 1/4 tsp 3/4 tsp	Combine dry ingredients. Add gradually to creamed mixture. Blend well.
Sugar, granulated	8 oz	Portion with a No. 60 dipper. Roll dough in sugar and place 4 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake at 375°F for 10–12 minutes.

Approximate nutritive values per cookie **Calories** 105

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 5 g	**8%**	**Cholest.** 7 mg	**2%**	**Total Carb.** 15 g	**5%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 2 g	**7%**	**Sodium** 87 mg	**4%**	Fiber 0.2 g	**1%**	**Vitamin C**	**0%**	**Iron**	**2%**
Protein 1 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

PEANUT COOKIES

Yield: 9 dozen cookies *Portion:* 3/4 oz per cookie
Oven: 350°F *Bake:* 10–12 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, granulated Sugar, brown	12 oz 8 oz 1 lb	Cream margarine and sugars on medium speed for 5 minutes, using flat beater.
Eggs Vanilla	4 (7 oz) 2 tsp	Add eggs and vanilla. Mix for 5 minutes.
Flour, all-purpose Baking soda Salt	12 oz 1 tsp 1 tsp	Combine dry ingredients. Add to creamed mixture.
Rolled oats, quick, uncooked Peanuts, salted	10 oz 1 lb	Add rolled oats and peanuts. Mix until blended.
		Portion dough with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake at 350°F for 10–12 minutes.

Approximate nutritive values per cookie **Calories** 96

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	8%	**Cholest.** 8 mg	3%	**Total Carb.** 11 g	4%	**Vitamin A**	1%	**Calcium**	0%
Sat. Fat 1 g	5%	**Sodium** 66 mg	3%	Fiber 0.4 g	1%	**Vitamin C**	0%	**Iron**	2%
Protein 2 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

PEANUT BUTTER CHOCOLATE CHIP COOKIES

Yield: 8 dozen cookies *Portion:* ¾ oz per cookie
Oven: 350°F *Bake:* 10–12 minutes

Ingredient	*Amount*	*Procedure*
Chunky peanut butter Brown sugar Margarine	1 lb 8 oz 1 lb 8 oz 12 oz	Cream peanut butter, sugar, and margarine on medium speed for 5 minutes.
Eggs Honey Vanilla	3 (5 oz) ¾ cup 1 Tbsp	Add eggs, honey, and vanilla. Mix well.
Flour, all-purpose Rolled oats Baking soda Salt	1 lb 3 oz 1 Tbsp ¾ tsp	Combine dry ingredients. Add gradually to creamed mixture. Blend well.
Semi sweet chocolate chips	1 lb	Stir chocolate chips into batter. Refrigerate until dough is firm and not sticky.
		Portion dough with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake 350°F for 10–12 minutes.

Approximate nutritive values per cookie **Calories** 150

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	12%	**Cholest.** 6.5 mg	2%	**Total Carb.** 18 g	6%	**Vitamin A**	3%	**Calcium**	1%
Sat. Fat 2 g	11%	**Sodium** 130 mg	5%	Fiber 1 g	4%	**Vitamin C**	0%	**Iron**	4%
Protein 3 g				Sugars 12 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

SNICKERDOODLES

Yield: 8 dozen cookies *Portion:* ¾ oz per cookie
Oven: 375°F *Bake:* 8–10 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, granulated	1 lb 1 lb 8 oz	Cream margarine and sugar on medium speed for 5 minutes, using flat beater.
Eggs	4 (7 oz)	Add eggs to creamed mixture. Mix thoroughly.
Flour, all-purpose Cream of tartar Baking soda Salt	1 lb 6 oz 4 tsp 2 tsp ½ tsp	Mix dry ingredients. Add to creamed mixture. Mix on low speed until well-blended.
Sugar, granulated Cinnamon	8 oz 5 Tbsp	Combine sugar and cinnamon. Portion dough with No. 40 dipper. Roll in sugar-cinnamon mixture.
		Place 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake at 375°F for 8–10 minutes or until lightly browned but still soft. These cookies puff up at first, then flatten out with crinkled tops.

Approximate nutritive values per cookie **Calories** 99

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 4 g	**6%**	**Cholest.** 9 mg	**3%**	**Total Carb.** 15 g	**5%**	**Vitamin A**	**1%**	**Calcium**	**0%**
Sat. Fat 1 g	**4%**	**Sodium** 86 mg	**4%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**2%**
Protein 1 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

DROP SUGAR COOKIES

Yield: 8 dozen cookies *Portion:* ¾ oz per cookie
Oven: 375°F *Bake:* 8–10 minutes

Ingredient	*Amount*	*Procedure*
Shortening Margarine or butter Sugar, granulated	1 lb 1 lb 2 oz 2 lb	Cream fats and sugar, starting on low speed, progressing to medium, then high speed for 5 minutes. Use flat beater.
Eggs Vanilla	3 (5 oz) 4 tsp	Add eggs and vanilla to creamed mixture and mix thoroughly.
Flour, all-purpose Cream of tartar Baking soda Salt	1 lb 14 oz 2 tsp 2½ tsp ½ tsp	Combine dry ingredients. Add gradually to creamed mixture. Blend well.
		Portion with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake at 375°F for 8–10 minutes.

Approximate nutritive values per cookie **Calories** 152

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**14%**	**Cholest.** 6 mg	**2%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**1%**	**Calcium**	**0%**
Sat. Fat 2 g	**10%**	**Sodium** 97 mg	**4%**	Fiber 0.2 g	**1%**	**Vitamin C**	**0%**	**Iron**	**2%**
Protein 1 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Cookies will be soft in center.
- For jumbo cookies, use No. 20 dipper.

WHOLE WHEAT SUGAR COOKIES

Yield: 8 dozen cookies *Portion:* ¾ oz per cookie
Oven: 375°F *Bake:* 8–10 minutes

Ingredient	*Amount*	*Procedure*
Margarine	1 lb	Cream margarine and sugar for 5 minutes or until light and fluffy, using flat beater.
Sugar, granulated	2 lb	
Eggs	4 (7 oz)	Add eggs, vanilla, and milk. Mix well.
Vanilla	4 tsp	
Milk	½ cup	
Flour, whole wheat	2 lb	Combine dry ingredients.
Baking powder	4 tsp	Add gradually to creamed mixture.
Baking soda	2 tsp	Blend well.
Salt	2 tsp	
Nutmeg, ground	2 tsp	
Orange peel, grated	4 Tbsp	
Sugar, granulated	4 oz	Combine sugar and cinnamon.
Cinnamon, ground	2 tsp	
		Portion with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Flatten slightly and sprinkle with sugar and cinnamon mixture. Bake at 375°F for 8–10 minutes.

Approximate nutritive values per cookie **Calories** 106

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	**6%**	**Cholest.** 9 mg	**3%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**1%**	**Calcium**	**1%**
Sat. Fat 1 g	**4%**	**Sodium** 131 mg	**5%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**2%**
Protein 1 g				Sugars 11 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Cookies will be soft in center.

BAR COOKIE RECIPES

BROWNIES

Yield: 60 portions or 2 pans 12 × 18 × 1 inch *Portion:* 2½ × 3 inches
Oven: 325°F *Bake:* 20 minutes

Ingredient	*Amount*	*Procedure*
Eggs	15 (1 lb 10 oz)	Beat eggs on high speed for 5 minutes, using flat beater.
Sugar, granulated Shortening, melted Margarine, melted Vanilla	2 lb 4 oz 10 oz 8 oz 2 Tbsp	Add sugar, fats, and vanilla to eggs. Mix on medium speed for 5 minutes.
Flour, cake Cocoa Baking powder Salt	14 oz 10 oz 2 tsp ½ tsp	Combine dry ingredients. Add to creamed mixture. Mix on low speed about 5 minutes.
Nuts, chopped	12 oz	Add nuts to batter. Mix to blend.
		Scale batter into two lightly greased 12 × 18 × 1-inch baking pans, 3 lb 8 oz per pan. Bake at 325°F for 20 minutes. Do not overbake. Should be soft to touch when done. While warm, sprinkle with powdered sugar, or cool and cover with a thin layer of mocha or chocolate frosting if desired.

Approximate nutritive values per cookie **Calories** 221

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**19%**	**Cholest.** 52 mg	**17%**	**Total Carb.** 26 g	**9%**	**Vitamin A**	**3%**	**Calcium**	**3%**
Sat. Fat 3 g	**13%**	**Sodium** 82 mg	**3%**	Fiber 0.7 g	**3%**	**Vitamin C**	**0%**	**Iron**	**13%**
Protein 4 g				Sugars 17 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 12 oz unsweetened chocolate may be substituted for the cocoa. Melt and add to the fat-sugar-egg mixture.
- 13 oz all-purpose flour may be substituted for cake flour.
- 2 lb chopped dates may be added.
- May be baked in one 18 × 26 × 1-inch baking sheet.

FUDGE BROWNIES

Yield: 60 portions or 1 pan 18 × 26 × 1 inch *Portion:* 2½ × 3 inches
Oven: 325°F *Bake:* 20–25 minutes

Ingredient	*Amount*	*Procedure*
Bitter chocolate	1 lb	Melt chocolate and shortening.
Shortening	1 lb 4 oz	
Flour, cake	10 oz	Combine dry ingredients in mixer bowl.
Flour, all-purpose	10 oz	
Baking powder	5½ tsp	
Salt	2¼ tsp	
Eggs	15 (1 lb 10 oz)	Combine eggs, sugar, and vanilla in mixer bowl. Beat well.
Sugar, granulated	3 lb	Blend chocolate mixture into egg-sugar mixture.
Vanilla	1 Tbsp	Add dry ingredients, beating only until blended.
		Scale 8 lb of batter into greased 18 × 26 × 2-inch pan. Smooth batter.
		Bake at 325°F for 20–30 minutes or until edges shrink slightly from edge of pan.
		Cool. Cut 6 × 10.

Approximate nutritive values per cookie **Calories** 260

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 15 g	**23%**	**Cholest.** 52 mg	**17%**	**Total Carb.** 32 g	**11%**	**Vitamin A**	**2%**	**Calcium**	**2%**
Sat. Fat 5 g	**26%**	**Sodium** 140 mg	**6%**	Fiber 1 g	**5%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 3 g				Sugars 22 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation • **Fudge Nut Brownies.** Add 10 oz chopped walnuts to batter.

COCONUT PECAN BARS

Yield: 96 portions or 2 pans 12 × 18 × 1 inch *Portion:* 2 × 2¼ inches
Oven: 350°F *Bake:* 15–20 minutes, first layer; 20–25 minutes, second layer

Ingredient	*Amount*	*Procedure*
Margarine	1 lb 8 oz	Blend margarine, brown sugar, and flour on low speed until mixture resembles coarse meal, using flat beater.
Sugar, brown	12 oz	
Flour, all-purpose	1 lb 4 oz	Press even layer of mixture into two 12 × 18 × 1-inch baking pans, 1 lb 12 oz per pan.
		Bake at 350°F until light brown, 15–20 minutes.
Eggs, beaten	8 (14 oz)	Combine remaining ingredients to form topping.
Flour, all-purpose	4 oz	
Baking powder	1 Tbsp	
Salt	2 tsp	
Sugar, brown	2 lb 8 oz	
Vanilla	1 Tbsp	
Coconut, shredded or flaked	8 oz	
Pecans, chopped	12 oz	
		Spread topping over baked crust, 3 lb per pan.
		Bake 20–25 minutes.
		Ice with Orange Icing (p. 193) if desired.
		Cut 6 × 8.

Approximate nutritive values per cookie **Calories** 179

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**15%**	**Cholest.** 18 mg	**6%**	**Total Carb.** 22 g	**7%**	**Vitamin A**	**2%**	**Calcium**	**2%**
Sat. Fat 1 g	**7%**	**Sodium** 137 mg	**6%**	Fiber 0.4 g	**2%**	**Vitamin C**	**0%**	**Iron**	**4%**
Protein 2 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- May be baked in one 18 × 26 × 1-inch baking sheet.

Variation

- **Dreamland Bars.** Reduce coconut to 4 oz. Increase pecans to 1 lb. Add 12 oz chopped maraschino cherries and 1 lb chopped dates. Combine 2 oz margarine or butter and 8 oz powdered sugar. Spread over top. Bake.

DATE BARS

Yield: 60 portions or 2 pans 12 × 18 × 1 inch *Portion:* 2½ × 3 inches
Oven: 350°F *Bake:* 25–30 minutes

Ingredient	*Amount*	*Procedure*
Egg yolks	12 (7 oz)	Beat egg yolks on high speed until lemon colored, using flat beater.
Sugar, granulated	2 lb	Add sugar to yolks gradually and continue beating after each addition.
Flour, all-purpose Baking powder Salt	1 lb 1½ Tbsp ½ tsp	Combine flour, baking powder, and salt.
Dates, chopped Nuts, chopped	3 lb 1 lb	Add dates and nuts to flour mixture. Combine with egg-sugar mixture.
Egg whites	12 (14 oz)	Beat egg whites on high speed until they form soft peaks, using wire whip attachment. Fold into batter.
		Spread batter evenly into two lightly greased 12 × 18 × 1-inch baking pans, 4 lb 3 oz per pan. Bake at 350°F for 25–30 minutes.
Sugar, powdered	6 oz	Sift powdered sugar over top of warm baked bars. Cut 5 × 6.

Approximate nutritive values per cookie **Calories** 219

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**8%**	**Cholest.** 42 mg	**14%**	**Total Carb.** 42 g	**14%**	**Vitamin A**	**6%**	**Calcium**	**4%**
Sat. Fat 1 g	**4%**	**Sodium** 54 mg	**2%**	Fiber 3 g	**11%**	**Vitamin C**	**0%**	**Iron**	**5%**
Protein 4 g				Sugars 32 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- May be baked in one 18 × 26 × 1-inch baking sheet. Cut 6 × 10.

BUTTERSCOTCH SQUARES

Yield: 60 portions or 2 pans 12 × 18 × 1 inch *Portion:* 2½ × 3 inches
Oven: 325°F *Bake:* 25 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, brown	1 lb 2 lb 8 oz	Cream margarine and sugar on medium speed for 5 minutes, using flat beater.
Eggs Vanilla	10 (1 lb) 1 Tbsp	Add eggs, one at a time, and vanilla. Mix on low speed until blended.
Flour, all-purpose Baking powder Salt	1 lb 8 oz 2 Tbsp 1 tsp	Combine dry ingredients. Add to creamed mixture. Mix on low speed until blended.
Nuts, chopped (optional)	12 oz	Add nuts to batter. Mix to blend.
		Spread batter evenly in two lightly greased 12 × 18 × 1-inch baking pans, 3 lb 6 oz per pan. Bake at 325°F for 25 minutes. Cut 5 × 6.

Approximate nutritive values per cookie **Calories** 213

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 10 g	**15%**	**Cholest.** 32 mg	**11%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**3%**	**Calcium**	**5%**
Sat. Fat 2 g	**9%**	**Sodium** 154 mg	**6%**	Fiber 0.8 g	**3%**	**Vitamin C**	**0%**	**Iron**	**6%**
Protein 3 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • May be baked in one 18 × 26 × 1-inch baking sheet. Cut 6 × 10.

Variation • **Butterscotch Chocolate Chip Brownies.** Add 1 lb chocolate chips.

OATMEAL DATE BARS

Yield: 96 portions or 2 pans 12 × 18 × 1 inch *Portion:* 2 × 2¼ inches
Oven: 325°F *Bake:* 45 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, brown	1 lb 10 oz 2 lb 12 oz	Cream margarine and sugar on medium speed for 5 minutes, using flat beater.
Flour, all-purpose Rolled oats, quick, uncooked Baking soda	2 lb 1 lb 8 oz 2⅔ Tbsp	Combine dry ingredients. Add to creamed mixture. Mix on low speed until crumbly. Spread 2 lb 10 oz prepared mixture into each of two 12 × 18 × 1-inch baking pans. Flatten to an even layer.
Date Filling (p. 197)	3 qt	Spread date filling over oatmeal mixture, 1½ qt per pan. Cover with remainder of dough, 1 lb 4 oz per pan. Bake at 325°F for 45 minutes. Cut 6 × 8 into bars.

Approximate nutritive values per cookie **Calories** 245

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**10%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 46 g	**15%**	**Vitamin A**	**2%**	**Calcium**	**2%**
Sat. Fat 1 g	**7%**	**Sodium** 184 mg	**8%**	Fiber 2 g	**8%**	**Vitamin C**	**0%**	**Iron**	**6%**
Protein 3 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- May be baked in one 18 × 26 × 1-inch baking sheet. Cut 8 × 12.
- Crushed pineapple or cooked dried apricots may be used in place of dates in the filling.

MARSHMALLOW KRISPIE SQUARES

Yield: 60 portions or 2 pans 12 × 18 × 1 inch *Portion:* 2½ × 3 inches

Ingredient	*Amount*	*Procedure*
Margarine	1 lb	Melt margarine. Add marshmallows and vanilla.
Marshmallows	4 lb	Stir until completely melted. Cook over low heat 3 minutes
Vanilla	1 Tbsp	longer, stirring constantly. Remove from heat.
Crisp Rice Cereal	2 lb 8 oz	Stir Crisp Rice Cereal into marshmallow mixture until well-coated.
		Using buttered spatula, press mixture evenly into two lightly greased 12 × 18 × 1-inch baking pans, 3 lb per pan.
		Cut while warm, 5 × 6.

Approximate nutritive values per cookie **Calories** 225

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**10%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 41 g	**14%**	**Vitamin A**	**27%**	**Calcium**	**1%**
Sat. Fat 1 g	**6%**	**Sodium** 309 mg	**13%**	Fiber 0.4 g	**1%**	**Vitamin C**	**16%**	**Iron**	**9%**
Protein 2 g				Sugars 15 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- May be made in one 18 × 26 × 1-inch baking sheet. Cut 5 × 6.

Variations

- **Chocolate Marshmallow Squares.** Cover squares with a thin, rich chocolate icing.
- **Peanut Butter Squares.** Add 1 lb 2 oz peanut butter to marshmallow mixture. Proceed as above. Frost with Chocolate Glaze (p. 195).

PRESSED, MOLDED, AND ROLLED COOKIE RECIPES

BUTTER TEA COOKIES

Yield: 10 dozen cookies
Oven: 375°F *Bake:* 10–12 minutes

Ingredient	*Amount*	*Procedure*
Butter Sugar, granulated	1 lb 9 oz	Cream butter and sugar on medium speed for 5 minutes, using flat beater.
Eggs yolks Vanilla	6 (4 oz) 1 tsp	Add egg yolks and vanilla to creamed mixture. Mix on medium speed until blended.
Flour, all-purpose	1 lb 4 oz	Add flour and mix on low speed. Chill dough.
		Shape with cookie press onto ungreased baking sheets. Bake at 375°F for 10–12 minutes.

Approximate nutritive values per cookie **Calories** 56

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	**5%**	**Cholest.** 20 mg	**7%**	**Total Carb.** 6 g	**2%**	**Vitamin A**	**4%**	**Calcium**	**0%**
Sat. Fat 2 g	**10%**	**Sodium** 32 mg	**1%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**1%**
Protein 1 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation • **Thimble Cookies.** Roll dough into 1-inch balls. Dip in egg white and roll in finely chopped pecans. Bake 3 minutes at 325°F, then make indentation in center of cookies and fill with jelly. Bake 10–12 minutes longer.

CHOCOLATE TEA COOKIES

Yield: 10 dozen cookies
Oven: 350°F *Bake:* 6–10 minutes

Ingredient	*Amount*	*Procedure*
Margarine Sugar, granulated	1 lb 12 oz	Cream margarine and sugar on medium speed for 5 minutes, using flat beater.
Eggs Vanilla	2 (4 oz) 1 Tbsp	Add eggs and vanilla to creamed mixture. Blend on medium speed for 5 minutes.
Flour, all-purpose Baking powder Salt Cocoa	1 lb 2 oz 1 tsp ¼ tsp 1 oz (¼ cup)	Combine dry ingredients. Add to creamed mixture and mix on low speed until blended. Chill dough. Shape dough with cookie press onto ungreased baking sheets. Bake at 350°F for 6–10 minutes.

Approximate nutritive values per cookie **Calories** 56

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	**5%**	**Cholest.** 4 mg	**1%**	**Total Carb.** 6 g	**2%**	**Vitamin A**	**1%**	**Calcium**	**0%**
Sat. Fat 1 g	**3%**	**Sodium** 44 mg	**2%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**1%**
Protein 1 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

SANDIES

Yield: 8 dozen cookies
Oven: 325°F *Bake:* 20 minutes

Ingredient	*Amount*	*Procedure*
Margarine or butter Sugar, granulated Vanilla	12 oz 3 oz 1 tsp	Cream margarine, sugar, and vanilla on medium speed for 5 minutes, using flat beater.
Flour, all-purpose Salt	1 lb 2 oz 1 tsp	Add flour and salt to creamed mixture. Mix on low speed until blended.
Water Pecans, finely chopped	1 Tbsp 8 oz	Add water and pecans and blend. Chill dough.
		Shape dough into small balls ¾ inch in diameter. If mixture crumbles so it will not stick together, add a small amount of melted margarine. Place on lightly greased or parchment-paper-lined baking sheets. Bake at 325°F until lightly browned, about 20 minutes.
Sugar, powdered, sifted	8 oz (approximate)	Roll in powdered sugar while still hot.

Approximate nutritive values per cookie **Calories** 73

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**7%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 8 g	**3%**	**Vitamin A**	**1%**	**Calcium**	**0%**
Sat. Fat 1 g	**3%**	**Sodium** 56 mg	**2%**	Fiber 0.3 g	**1%**	**Vitamin C**	**0%**	**Iron**	**1%**
Protein 1 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation • **Frosty Date Balls.** Add 1 lb chopped pitted dates.

BUTTERSCOTCH REFRIGERATOR COOKIES

Yield: 8 dozen cookies
Oven: 375°F *Bake:* 8–10 minutes

Ingredient	*Amount*	*Procedure*
Margarine Shortening Sugar, granulated Sugar, brown	8 oz 8 oz 12 oz 1 lb	Cream fats and sugars on medium speed for 5 minutes, using flat beater.
Eggs Vanilla	4 (7 oz) 2 tsp	Add eggs and vanilla to creamed mixture. Mix on medium speed for 5 minutes.
Flour, all-purpose Cream of tartar Baking soda	2 lb 2 tsp 2 tsp	Combine dry ingredients.
Dates, finely chopped Nuts, chopped	8 oz 8 oz	Add dry ingredients, dates, and nuts to dough. Mix on low speed until well blended.
		Form dough into three 2-lb rolls, 2 inches in diameter. Wrap in waxed paper. Chill several hours. Slice cookies ⅛ inch thick. Place on ungreased baking sheets. Bake at 375°F for 8–10 minutes.

Approximate nutritive values per cookie **Calories** 128

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**9%**	**Cholest.** 9 mg	**3%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**1%**	**Calcium**	**1%**
Sat. Fat 1 g	**6%**	**Sodium** 54 mg	**2%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**3%**
Protein 2 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

CRISP GINGER COOKIES

Yield: 8 dozen cookies
Oven: 375°F *Bake:* 8–10 minutes

Ingredient	*Amount*	*Procedure*
Molasses Sugar, granulated	1 cup 8 oz	Combine molasses and sugar. Boil 1 minute. Cool.
Shortening	8 oz	Place shortening and molasses in mixer bowl. Blend on medium speed, using flat beater.
Eggs	2 (4 oz)	Add eggs and mix thoroughly.
Flour, all-purpose Salt Baking soda Ginger, ground	1 lb 12 oz (or more) ½ tsp 1 tsp 2 tsp	Combine dry ingredients. Add to molasses-egg mixture. Mix on low speed until well blended.
		Form dough into two rolls 2 inches in diameter. Wrap in waxed paper. Chill thoroughly. Cut into ⅛-inch slices. Place on lightly greased baking sheets. Bake at 375°F for 8–10 minutes.

Approximate nutritive values per cookie **Calories** 70

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	4%	**Cholest.** 5 mg	2%	**Total Carb.** 11 g	4%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 1 g	3%	**Sodium** 26 mg	1%	Fiber 0.2 g	1%	**Vitamin C**	0%	**Iron**	3%
Protein 1 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Dough may be rolled and cut with cookie cutter.

OATMEAL CRISPIES

Yield: 8 dozen cookies
Oven: 350°F *Bake:* 12–15 minutes

Ingredient	*Amount*	*Procedure*
Flour, all-purpose	12 oz	Combine flour, salt, and soda in mixer bowl.
Salt	2 tsp	
Baking soda	2 tsp	
Shortening	1 lb	Add shortening, sugar, eggs, and vanilla to flour mixture.
Sugar, granulated	1 lb	Mix on low speed about 5 minutes, using flat beater.
Sugar, brown	1 lb	
Eggs	4 (7 oz)	
Vanilla	2 tsp	
Rolled oats, quick, uncooked	1 lb	Add rolled oats and nuts. Mix on low speed to blend.
Nuts, chopped	8 oz	Shape dough into three 2-lb rolls, 2 inches in diameter. Wrap in waxed paper and chill.
		Cut dough into slices ¼ inch thick.
		Place 2 inches apart on ungreased baking sheets.
		Bake at 350°F for 12–15 minutes.

Approximate nutritive values per cookie **Calories** 126

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	10%	**Cholest.** 9 mg	3%	**Total Carb.** 16 g	5%	**Vitamin A**	0%	**Calcium**	1%
Sat. Fat 1 g	7%	**Sodium** 76 mg	3%	Fiber 0.3 g	1%	**Vitamin C**	0%	**Iron**	3%
Protein 2 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- For smaller cookies form into four 1½-inch rolls and slice ⅛ inch thick. Yield: approximately 25 dozen.

Variation
- **Oatmeal Coconut Crispies.** Add 1 cup flaked coconut.

ROLLED SUGAR COOKIES

Yield: 10 dozen cookies *Portion:* 2-inch cookie
Oven: 375°F *Bake:* 7 minutes

Ingredient	*Amount*	*Procedure*
Margarine or butter Sugar, granulated	1 lb 1 lb	Cream margarine and sugar on medium speed for 5 minutes, using flat beater.
Eggs Vanilla	4 (7 oz) 1 Tbsp	Add eggs and vanilla to creamed mixture. Blend on medium speed for 2 minutes.
Flour, all-purpose Salt Baking powder	1 lb 8 oz 2 tsp 2 tsp	Combine dry ingredients. Add to creamed mixture. Mix on low speed until blended.
Flour, all-purpose Sugar, granulated	4 oz 2 oz	Mix flour and sugar. Roll dough ⅛ inch thick on a surface that has been lightly dusted with flour-sugar mixture. Cut into desired shapes. Place on ungreased baking sheets. Bake at 375°F for 7 minutes or until lightly browned.

Approximate nutritive values per cookie **Calories** 71

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	**5%**	**Cholest.** 7 mg	**2%**	**Total Carb.** 9 g	**3%**	**Vitamin A**	**1%**	**Calcium**	**0%**
Sat. Fat 1 g	**3%**	**Sodium** 78 mg	**3%**	Fiber 0.2 g	**1%**	**Vitamin C**	**0%**	**Iron**	**1%**
Protein 1 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Christmas Wreath Cookies.** Cut rolled dough with doughnut cutter. Brush with beaten egg and sprinkle with chopped nuts. Decorate with candied cherry rings and pieces of citron arranged to represent holly.
- **Coconut Cookies.** Cut rolled dough with round cookie cutter. Brush with melted margarine or butter and sprinkle with shredded coconut, plain or tinted with food coloring.
- **Filled Cookies.** Cut dough with round cutter. Cover half with Fig or Date Filling (p. 197). Brush edges with milk and cover with remaining cookies. Press edges together with tines of fork.
- **Pinwheel Cookies.** Divide dough into two portions. Add 2 oz melted unsweetened chocolate to one portion. Roll each portion into the same size sheet, ⅛ inch thick. Place chocolate dough over the white dough and press together. Roll as for jelly roll. Chill thoroughly. Cut into thin slices.

PIE RECIPES

PASTRY

Yield: 50 lb dough

Ingredient	*Amount*	*Procedure*
Flour, all-purpose	25 lb	Mix flour and shortening on low speed, using flat beater.
Shortening, hydrogenated	18 lb	Mix until fat particles are the size of small peas for a flaky crust. For a mealy crust, mixture should resemble cornmeal.
Ice water	3¾ qt	Add water and salt to flour-fat mixture.
Salt	12 oz	Mix on low speed only until dough will hold together.

Approximate nutritive values per pound **Calories** 2268

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 166 g	**255%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 173 g	**58%**	**Vitamin A**	**0%**	**Calcium**	**5%**
Sat. Fat 41 g	**206%**	**Sodium** 2643 mg	**110%**	Fiber 6 g	**25%**	**Vitamin C**	**0%**	**Iron**	**58%**
Protein 23 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For seven 9-inch one-crust pies, use 4 lb; for seven 9-inch two-crust pies, use 7 lb. See pp. 224–226 for directions for preparation.
- For eight 8-inch one-crust pies, use 2 lb 8 oz; for eight 8-inch two-crust pies, use 4 lb 8 oz. See pp. 224–226 for directions for preparation.

PASTRY FOR ONE-CRUST PIES

Yield: 56 portions or 4 lb dough or 7 9-inch pies *Portion:* 8 pieces per pie

Ingredient	*Amount*	*Procedure*
Flour, all-purpose Shortening, hydrogenated	2 lb 1 lb 6 oz	Mix flour and shortening on low speed for 1 minute, using pastry knife or flat beater. Scrape sides of bowl and continue mixing until shortening is evenly distributed, 1 to 2 minutes.
Ice water Salt	1–1¼ cups 1 oz (1½ Tbsp)	Dissolve salt in smaller amount of water (use reserved amount of water if needed). Add to flour mixture. Mix on low speed only until a dough is formed, about 40 seconds. Portion into 9-oz balls for 9-inch pies. See Note for 8-inch pies.

To Make a One-Crust Pie:

1. Roll dough into a circle 2 inches larger than pie pan.
2. Fit pastry loosely into pan so that there are no air spaces between the crust and pan (Figure 5.4).
3. Trim, allowing ½ inch extra to build up edge.
4. For custard-type pie, crimp edge, add filling, and bake according to the recipe.
5. For cream or chiffon pies, crimp edge (Figure 5.4) and prick crust with fork. Bake according to directions that follow.
6. Bake in a hot oven (425°F) for 10 minutes or until light brown. Cool. A second pan may be placed over the crust for the first part of baking, then removed and the crust allowed to brown. The second pan helps to keep the crust in shape.
7. Fill baked crust with desired filling.

Approximate nutritive values per portion **Calories** 157

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**17%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 12 g	**4%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 3 g	**14%**	**Sodium** 172 mg	**7%**	Fiber 0.4 g	**2%**	**Vitamin C**	**0%**	**Iron**	**4%**
Protein 2 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- For eight 8-inch pies, use 1 lb 3 oz flour, 13 oz shortening, 1 cup water, and 2½ tsp salt. Scale 5 oz for each crust. To serve, cut pies in six portions.

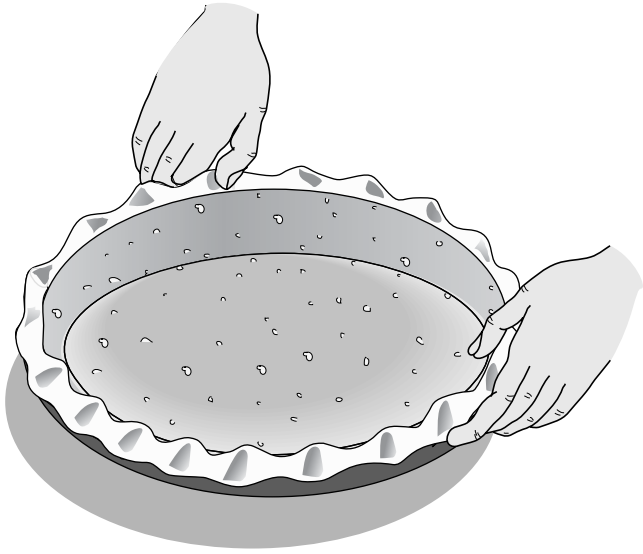


FIGURE 5.4 Preparing pastry for a baked pie shell. Holes are made in shells to keep them flat during baking.

PASTRY FOR TWO-CRUST PIES

Yield: 56 portions or 7 lb dough or 7 9-inch pies *Portion:* 8 pieces per pie

Ingredient	*Amount*	*Procedure*
Flour, all-purpose Shortening, hydrogenated	3 lb 6 oz 2 lb 7 oz	Mix flour and shortening on low speed for 1 minute, using pastry knife or flat beater. Scrape sides of bowl and continue mixing until shortening is evenly distributed, 1–2 minutes.
Ice water Salt	1¾–2 cups 1¾ oz (2½ Tbsp)	Dissolve salt in smaller amount of water (use reserved amount of water if needed). Add to flour mixture. Mix on low speed only until a dough is formed, about 40 seconds. Portion into 9-oz balls for bottom crust and 7-oz for top crust. See Notes for 8-inch pies.

To Make a Two-Crust Pie:

1. Roll each ball of dough into a circle. Place pastry for bottom crust in pie pans, easing into pans without stretching the dough.
2. Trim off overhanging dough. If desired, leave ½ inch extra pastry around the edge and fold over to make a pocket of pastry to prevent fruit juices from running out.
3. Add desired filling.
4. Moisten edge of bottom crust with water (Figure 5.5).
5. Cover with top crust, in which slits or vents have been cut near the center to allow steam to escape.
6. Trim top pastry to extend ½ inch beyond edge of pan.
7. Fold edge of top pastry under edge of lower pastry, then seal by pressing the two crusts together and fluting with fingertips.
8. If desired, brush top crusts with milk and sprinkle with sugar.
9. Bake as directed in the recipe.

Approximate nutritive values per portion **Calories** 275

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 20 g	**31%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 21 g	**7%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 5 g	**25%**	**Sodium** 286 mg	**12%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 3 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For eight 8-inch pies, use 2 lb flour, 1 lb 8 oz shortening, 1½–1¾ cups water, and 1 oz (1½ Tbsp) salt. Scale 5 oz for bottom crust and 4 oz for top crust. To serve, cut into six portions.
- Using scrap dough is often necessary. Using no more than 50 percent of scrap dough and restricting its use to bottom crusts is recommended. Care must be taken to handle the dough as little as possible.

Variation

- **Cheddar Cheese Pastry.** Use 2 lb 8 oz flour, 1 lb 13 oz shortening, 1 lb 14 oz shredded cheddar cheese, ¾ cup water, and 1½ oz salt. Add cheese after flour and shortening have been mixed.

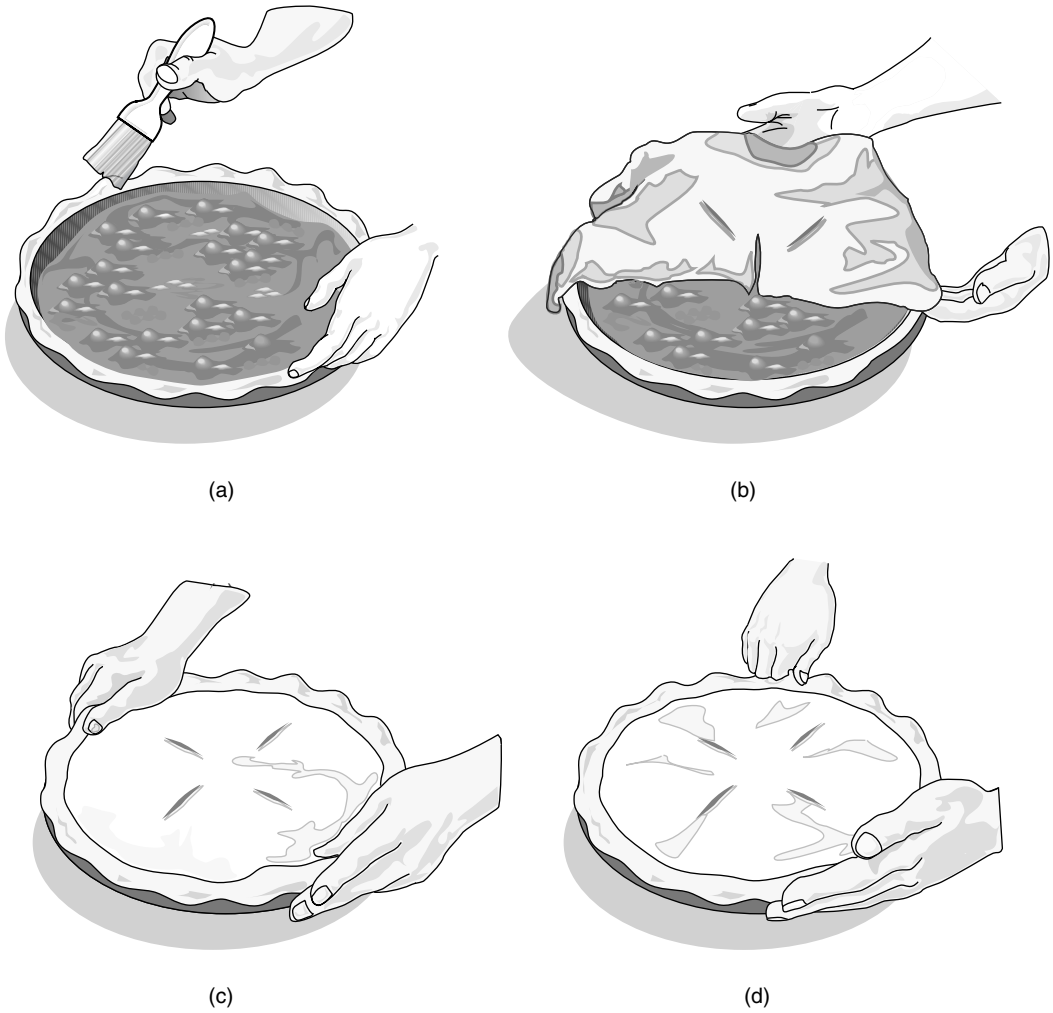


FIGURE 5.5 Preparing pastry for a two-crust pie. (a) Moistening edge of crust. (b) Placing top crust on filled pie. (c) Pressing top crust to seal tightly. (d) Fluting edge of pie.

GRAHAM CRACKER CRUST

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 375°F *Bake:* 5 minutes

Ingredient	*Amount*	*Procedure*
Graham cracker crumbs	2 lb	Mix all ingredients.
Sugar, granulated	15 oz	Pat 9 oz crumb mixture evenly into each pie pan. For 8-inch crusts, see Notes.
Margarine, melted	15 oz	Bake at 375°F for about 5 minutes.

Approximate nutritive values per portion **Calories** 155

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**12%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 20 g	**7%**	**Vitamin A**	**7%**	**Calcium**	**0%**
Sat. Fat 1 g	**6%**	**Sodium** 169 mg	**7%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**2%**
Protein 1 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For eight 8-inch shells, use 1 lb 5 oz crumbs, 10 oz sugar, and 10 oz melted margarine. Portion 5 oz per shell.
- Vanilla wafer crumbs or chocolate cookie crumbs may be substituted for graham cracker crumbs.
- Crusts may be refrigerated several hours instead of baking.

Variation

- **Chocolate Crumb Crust.** Add 6 oz cocoa to graham cracker crumbs and sugar. Mix, then add melted margarine.

MERINGUE FOR PIES

Yield: 56 portions or meringue for 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 375°F *Bake:* 10–12 minutes

Ingredient	*Amount*	*Procedure*
Pasteurized egg whites, at room temperature	16 (2 cups/1 lb)	Add salt and cream of tartar to egg whites. Whip past frothy stage, on high speed, approximately 1½ minutes, using wire whip attachment.
Salt	½ tsp	
Cream of tartar	½ tsp	
Sugar, granulated	1 lb	Add sugar gradually while beating. Beat until sugar has dissolved. The meringue should be stiff enough to hold peaks but not dry.
		Spread meringue on filled pies while filling is hot, 5–6 oz per pie. The meringue should touch all edges of the crust. Brown in oven at 375°F for 10–12 minutes or until golden brown.

Approximate nutritive values per portion **Calories** 36

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 8 g	**3%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 33 mg	**1%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 1 g				Sugars 8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For 8-inch pies, use 4 oz per pie.
- For proper volume, egg whites must have no yolk mixed in them, and the beater and bowl must be free of any trace of fat. Even a small trace of fat will prevent the whites from foaming properly.
- Egg whites should be at room temperature before beating. The meringue will be higher and lighter.
- For food safety reasons, pasteurized egg whites are recommended.

MERINGUE SHELLS

Yield: 50 shells *Portion:* 3 oz
Oven: 275°F *Bake:* 1 hour

Ingredient	*Amount*	*Procedure*
Egg whites	28 (3 cups/1 lb 8 oz)	Add salt and cream of tartar to egg whites. Beat on high speed until frothy, using wire whip attachment.
Salt	1 tsp	
Cream of tartar	1 tsp	
Sugar, granulated	3 lb	Add sugar ½ cup at a time, beating on high speed between each addition until sugar is dissolved and mixture will hold its shape, 20–30 minutes.
		Place mixture on greased and floured baking sheets with No. 10 dipper and shape into nests with spoon; or place on pans with pastry tube. Bake at 275°F for about 1 hour. Watch carefully the last 15–20 minutes to avoid overcooking. Meringues should be white, not brown. If overcooked, they are too brittle. Serve ice cream or fruit in the center.

Approximate nutritive values per portion **Calories** 112

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 27g	9%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 65 mg	3%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 1 g				Sugars 26 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Angel Pie.** Place meringue in well-greased and floured pie pans, about 1¼ qt per pan. Use spoon to build up sides. After baking, fill each shell with 3 cups Cream Pie filling (p. 235), Lemon Pie filling (p. 237), or Chocolate Cream Pie filling (p. 235). Then top with a thin layer of whipped cream.
- **Meringue Sticks.** Force mixture through pastry tube to form sticks. Sprinkle with chopped nuts. Bake.

PIES MADE WITH CANNED FRUIT

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 400°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Pastry for Two-Crust Pies (p. 225)	7 lb	Make pastry. Divide into 9-oz balls for bottom crust and 7-oz balls for top crusts. Roll and place bottom crusts in seven 9-inch pie pans. For 8-inch pies, see Notes.
Fruit, pie pack	2 No. 10 cans	Drain fruit. Measure liquid and add water to make 2 qt. Bring 1½ qt of the liquid to boiling point.
Cornstarch	8 oz	Mix remaining liquid with cornstarch and add gradually to hot liquid, while stirring with a wire whip. Cook until thick and clear.

Sugar, granulated Salt	3 lb 8 oz 2 tsp	While still hot, add sugar and salt. Mix thoroughly and bring to boiling point. Add drained fruit and mix carefully to avoid breaking or mashing fruit. Cool slightly.
		Scale 1 lb 12 oz–2 lb (3½–4 cups) filling into each unbaked pie shell. Moisten edge of bottom crust with water. Cover with top crust. Seal edge, trim, and flute edges (Figure 5.5). Bake at 400°F for 30 minutes or until crust is browned.

Notes

- For eight 8-inch pies, make 4 lb 8 oz dough for crusts and portion into 5 oz for bottom crust and 4 oz for top crust. For filling, use 1½ No. 10 cans fruit, 3 lb sugar (variable), 6 oz cornstarch, and 1½ tsp salt. Drain liquid from fruit and add water to make 1½ qt liquid. Scale 1 lb–1 lb 8 oz (approximately 3 cups) filling per pie.
- Suggested fillings: apple, apricot, blackberry, cherry, gooseberry, or peach.
- Other thickening agents may be used, such as waxy maize (6 oz total for 9-inch or 4½ oz total for 8-inch pies) or tapioca (9 oz total for 9-inch or 7½ oz total for 8-inch pies).

PIES MADE WITH FROZEN FRUIT

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 400°F *Bake:* 30–40 minutes

Ingredient	*Amount*	*Procedure*
Pastry for Two-Crust Pies (p. 225)	7 lb	Make pastry. Divide into 9-oz balls for bottom crust, 7-oz balls for top crust. Roll and place bottom crusts in seven 9-inch pie pans. For 8-inch pies, see Notes.
Fruit, frozen	10 lb	Thaw fruit. Measure juice. If necessary, add water to bring total liquid to 1½–2 qt according to consistency desired.
Sugar, granulated Cornstarch or waxy maize (see Notes)	See Table 5.3 See Table 5.3	Combine sugar and starch. Add to hot liquid, stirring with wire whip.
Seasonings	See Table 5.3	Add seasonings to thickened liquid and pour over fruit. Mix carefully to avoid breaking or mashing fruit.
		Scale 1 lb 12 oz–2 lb (3½–4 cups) filling into each unbaked pie shell. Moisten edge of bottom crust with water. Cover with top crust in which slits have been made for steam to escape. Seal edge, trim and flute edges (see Figure 5.5). Bake at 400°F for 30–40 minutes or until fruit is done and crust is golden brown.

Notes

- Allow 2–3 oz cornstarch or 2–2½ oz waxy maize per qt of liquid. Use of waxy maize or other waxy starch products results in a translucent soft gel through which the fruit shows clearly. The color is brighter and the gel is less opaque and less rigid, making it ideal for thickening fruit fillings. It is important to use a waxy starch if the pies are to be frozen.
- For eight 8-inch pies, use 4 lb 8 oz pastry, portioned 5 oz for bottom crust and 4 oz for top crust. Portion 1 lb–1 lb 8 oz (approximately 3 cups) filling per pie.

TABLE 5.3 Guide for Using Frozen Fruit in Pies or Cobblers (Seven 9-inch Pies)

		Thickening		
Fruit 10 lb	*Sugar**	*Cornstarch*[a]	*Waxy maize*[a]	*Seasonings*
Apples	1 lb 8 oz	3 oz	2½ oz	Salt, 1 tsp; nutmeg, 1 tsp; cinnamon, 1 Tbsp; butter, 2 oz
Apricots	2 lb	5½ oz	4 oz	Cinnamon, 2 tsp
Berries	2½–3½ lb	6½ oz	5 oz	Lemon juice, 2 Tbsp; salt, 1 tsp
Blueberries	3 lb	8 oz	6 oz	Salt, 1 tsp; butter, 2 oz; lemon juice, 1½ cups; cinnamon, 1 tsp
Blue plums	2–2½ lb	5½ oz	4 oz	Salt, 1 tsp; butter, 2 oz
Cherries	1 lb 12 oz	7 oz	5 oz	Salt, 1 tsp
Gooseberries	6 lb	14 oz	10 oz	Salt, ½ tsp
Peaches	1 lb 6 oz	5½ oz	4 oz	Butter, 1 oz; salt, 1 tsp; almond extract, ¼ tsp; cinnamon, 1 tsp; nutmeg, 1 tsp
Pineapple	2 lb	5½ oz	4 oz	Salt, 1 tsp
Rhubarb	5 lb	7 oz	5 oz	Salt, 1 tsp
Strawberries	2 lb	12 oz	8½ oz	Lemon juice, ¾ cup; red color, ¾ tsp

*The amount of sugar and cornstarch or waxy maize added to the fruit will vary according to the pack of the fruit and individual preferences of flavor and consistency. Frozen fruits packed without the addition of sugar are known as "dry pack." When sugar is added during the freezing process, the ratio is usually 3, 4, or 5 parts by weight of fruit to 1 part by weight of sugar. Use less thickening for cobblers. Some fruits are available individually quick frozen (IQF) without added sugar.

FRESH APPLE PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 400°F *Bake:* 45 minutes

Ingredient	*Amount*	*Procedure*
Pastry for Two-Crust Pies (p. 225)	7 lb	Make pastry. Divide into 9-oz balls for bottom crust, 7-oz balls for top crust. Roll and place bottom crusts in seven 9-inch pie pans. For 8-inch pies, see Notes.
Apples, tart, fresh	12 lb (EP) 15 lb (AP)	Peel, core, and slice apples.
Sugar, granulated Flour, all-purpose Cinnamon	3 lb 4 oz 1 Tbsp	Combine sugar, fruit, and cinnamon. Add to apples and mix carefully.
Margarine	8 oz	Portion 2 lb 4 oz filling into each unbaked crust. Add 1 oz margarine to each pie. Moisten edge of bottom crust. Cover with perforated top crust. Seal edge, trim excess dough, and flute edges (see Figure 5.5). Bake at 400°F for 45 minutes or until apples are tender.

Approximate nutritive values per portion **Calories** 462

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 24 g	**36%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 62 g	**21%**	**Vitamin A**	**1%**	**Calcium**	**1%**
Sat. Fat 6 g	**28%**	**Sodium** 326 mg	**14%**	Fiber 3 g	**12%**	**Vitamin C**	**9%**	**Iron**	**8%**
Protein 3 g				Sugars 37 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For eight 8-inch pies, use 4 lb 8 oz dough for crust and portion 5 oz for bottom crust and 4 oz for top crust. Portion filling, 2 lb per pie.
- Suggested apples are Jonathan, Granny Smith, and Winesap. Frozen (IQF) apples may be substituted for fresh apples.

Variation

- **Apple Crumb Pie.** Omit top crust. Sprinkle apples with **Streusel Topping:** Mix 1 lb flour, 1 lb 10 oz sugar, 2 oz nonfat dry milk, and 1 tsp salt. Cut in 10 oz margarine or butter and add 6 oz chopped pecans. Use 1 cup per pie. Bake until apples are tender and topping is brown.

SOUR CREAM APPLE NUT PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 450°F, 350°F *Bake:* 10 minutes, 55 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Note.
Sour cream Sugar, granulated Flour, all-purpose Eggs Vanilla Salt	3 lb 8 oz 6 oz 4 (6 oz) 2 Tbsp 1 tsp	Combine and mix until thoroughly blended.
Frozen sliced apples	8 lb 8 oz	Combine apples and sour cream mixture, being careful not to break apples.
		Scale 1 lb 12 oz filling into each unbaked crust. Bake at 450°F for 10 minutes. Reduce temperature to 350°F and continue baking until filling is slightly puffed and golden brown, about 40 minutes.
TOPPING		
Flour, all-purpose Sugar, brown Sugar, granulated Cinnamon	5 oz 4 oz 5 oz 2 Tbsp	Combine flour, sugars, and cinnamon.
Margarine	5 oz	Add margarine to dry ingredients. Mix until crumbly.
Walnuts, coarsely chopped	8 oz	Add nuts. Mix in. Scale 3½ oz topping over each pie and bake for 15 minutes.

Approximate nutritive values per portion **Calories** 345

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 21 g	**33%**	**Cholest.** 24 mg	**8%**	**Total Carb.** 36 g	**12%**	**Vitamin A**	**7%**	**Calcium**	**4%**
Sat. Fat 7 g	**33%**	**Sodium** 254 mg	**11%**	Fiber 2 g	**9%**	**Vitamin C**	**0%**	**Iron**	**8%**
Protein 5 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- For eight 8-inch pies, use 2 lb 8 oz dough portioned 5 oz per pie. For filling, scale apple mixture 1 lb 8 oz per pie and topping 3 oz per pie.

RAISIN PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 400°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Pastry for Two-Crust Pies (p. 225)	7 lb	Make pastry. Divide into 9-oz balls for bottom crust, 7-oz balls for top crust. Roll and place bottom crusts in seven 9-inch pie pans. For 8-inch pies, see Note.
Raisins Water, hot	4 lb 4½ qt	Simmer raisins in water until plump. Cool slightly.
Sugar, granulated Cornstarch Salt	2 lb 4 oz 6 oz 2 tsp	Combine sugar, cornstarch, and salt. Add to raisins and cook until thickened. Remove from heat.
Lemon juice Margarine	6 Tbsp 3 oz	Add lemon juice and margarine to raisin mixture. Cool slightly.
		Portion 2 lb 4 oz (3½–4 cups) filling into each unbaked crust. Moisten edge of bottom crust. Cover with perforated top crust. Seal edge, trim excess dough, and flute edges (see Figure 5.5). Bake at 400°F for 30 minutes or until crust is golden brown.

Approximate nutritive values per portion **Calories** 465

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 21 g	**33%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 68 g	**23%**	**Vitamin A**	**0%**	**Calcium**	**2%**
Sat. Fat 5 g	**26%**	**Sodium** 384 mg	**16%**	Fiber 2 g	**10%**	**Vitamin C**	**2%**	**Iron**	**10%**
Protein 4 g				Sugars 39 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- For eight 8-inch pies, use 4 lb 8 oz dough, portioned 5 oz for bottom crust and 4 oz for top crust. For filling, portion 1 lb 14 oz (3–3½ cups) filling per pie.

Variation

- **Dried Apricot Pie.** Use 5 lb dried apricots. Cover with hot water; let stand 1 hour. Cook slowly without stirring until tender. Combine 4 lb granulated sugar and 2½ oz cornstarch. Mix with ½ cup cold water. Add to fruit a few minutes before it is done. Continue cooking until juice is clear. Proceed as for Raisin Pie.

RHUBARB PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 400°F *Bake:* 35 minutes

Ingredient	*Amount*	*Procedure*
Rhubarb, fresh or frozen	10 lb (EP)	If fresh rhubarb is used, wash and trim. Do not peel. Cut in 1-inch pieces.
Sugar, granulated Tapioca, quick-cooking Salt Orange peel, grated	5 lb 8 oz 6 oz 2 tsp 3 Tbsp	Combine and stir into rhubarb. Let stand 30 minutes.
Pastry for Two-Crust Pies (p. 225)	7 lb	Make pastry. Divide into 9-oz balls for bottom crust, 7-oz balls for top crust. Roll and place bottom crusts in seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Notes.
Margarine, melted	5 oz	Portion 2 lb 4 oz filling into each unbaked crust. Distribute margarine over filling in each pie. Moisten edges with cold water. Cover with top crust or pastry strips. Press edges together. Bake at 400°F for 35 minutes or until crust is golden brown and fruit is tender.

Approximate nutritive values per portion **Calories** 494

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 22 g	**34%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 72 g	**24%**	**Vitamin A**	**1%**	**Calcium**	**7%**
Sat. Fat 5 g	**27%**	**Sodium** 391 mg	**16%**	Fiber 2 g	**9%**	**Vitamin C**	**11%**	**Iron**	**8%**
Protein 4 g				Sugars 44 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For eight 8-inch pies, use 4 lb 8 oz dough portioned 5 oz for bottom crust and 4 oz for top crust. Scale 1 lb 14 oz filling per pie.
- 8 oz cornstarch or 5 oz waxy maize starch may be substituted for the tapioca.

RHUBARB CUSTARD PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 375°F *Bake:* 45–50 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. Flute edges. For 8-inch pies, see Notes.
Rhubarb, fresh or frozen	8 lb (EP)	If fresh rhubarb is used, wash and trim. Do not peel. Cut into ¼-inch pieces.
Eggs, beaten	12 (1 lb 5 oz)	Add eggs to rhubarb.
Sugar, granulated Flour, all-purpose Salt Lemon peel, grated	4 lb 8 oz 9 oz 1 tsp 1 tsp	Mix dry ingredients. Add to rhubarb mixture. Scale 2 lb (4½ cups) filling into each unbaked crust. Bake at 375°F for 45–50 minutes or until custard is set. Cool. Refrigerate if not served within 4 hours.

Approximate nutritive values per portion **Calories** 345

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	**19%**	**Cholest.** 45 mg	**15%**	**Total Carb.** 55 g	**18%**	**Vitamin A**	**2%**	**Calcium**	**6%**
Sat. Fat 3 g	**16%**	**Sodium** 227 mg	**9%**	Fiber 2 g	**7%**	**Vitamin C**	**8%**	**Iron**	**7%**
Protein 4 g				Sugars 36 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at temperature below 41°F.
- For eight 8-inch pies, use 2 lb 8 oz dough, portioned 5 oz per pie. Use 1 lb 12 oz filling per pie.
- May be topped with Meringue (p. 227).
- Unbaked pie may be covered with a top crust or a latticed top made of ⅛-inch pastry strips.

CREAM PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 425°F for pastry, 375°F for meringue *Bake:* 10 minutes, 12 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Note. Flute edges and prick crust with fork (Figure 5.4). Bake at 425°F for 10 minutes or until light brown. Cool.
Milk	3¾ qt	Heat milk to boiling point in a steam-jacketed or other large kettle.
Sugar, granulated Cornstarch Salt Milk, cold	2 lb 12 oz 13 oz 2½ tsp 1¼ qt	Mix sugar, cornstarch, and salt. Add cold milk and stir until smooth. Add to hot milk gradually, stirring briskly with a wire whip. Cook until smooth and thick, approximately 10 minutes.
Egg yolks, beaten	20 (13 oz)	Add, while stirring, a small amount of hot mixture to the egg yolks. Add to remaining hot mixture, stirring constantly. Stir slowly and cook 5–10 minutes. Remove from heat.
Margarine Vanilla	5 oz 2½ Tbsp	Stir in margarine and vanilla. Pour 2 lb (4 cups) filling into each baked pie shell.
Egg whites Salt Sugar, granulated Cream of tartar	20 (1 lb 6 oz) ½ tsp 1 lb 4 oz ½ tsp	Prepare Meringue (p. 227). Cover each filled pie with 5 oz meringue. Bake at 375°F for 10–12 minutes or until meringue is golden brown. Cool quickly (within 4 hours) to below 41°F. Refrigerate until served.

Approximate nutritive values per portion **Calories** 397

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 17 g	**26%**	**Cholest.** 40 mg	**13%**	**Total Carb.** 55 g	**18%**	**Vitamin A**	**5%**	**Calcium**	**11%**
Sat. Fat 5 g	**26%**	**Sodium** 380 mg	**16%**	Fiber 0.5 g	**2%**	**Vitamin C**	**1%**	**Iron**	**5%**
Protein 7 g				Sugars 36 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at temperature below 41°F.
- For eight 8-inch pies, use 2 lb 8 oz dough, portioned 5 oz per pie. Use 1 lb 12 oz (3½ cups) filling per pie.

Variations

- **Banana Cream Pie.** Slice 1 large banana into each pie shell before adding cream filling.
- **Chocolate Cream Pie.** Add 6 oz cocoa or 8 oz unsweetened chocolate. Increase sugar to 3 lb. If using cocoa, mix with cornstarch and sugar. If using chocolate, melt and add to hot milk.
- **Coconut Cream Pie.** Add 10 oz toasted coconut to filling and sprinkle 2 oz coconut over meringue.
- **Date Cream Pie.** Add 3 lb chopped, pitted dates to cooked filling.
- **Fruit Glazed Pie.** Use frozen blueberries, strawberries, or cherries. Thaw 6 lb frozen fruit and drain. Measure 1 qt fruit syrup, adding water if needed to make that amount. Add slowly to a mixture of 6 oz sugar, 4 oz cornstarch, and ¾ cup lemon juice if using blueberries, strawberries or sweet cherries or ¾ cup additional water if using sour cherries. Cook until thick and clear. Cool slightly. Add drained fruit. Spread over cream pies.
- **Nut Cream Pie.** Add ½ cup chopped pecans or other nuts.
- **Pineapple Cream Pie.** Add 3½ cups crushed pineapple, drained, to cooked filling.

BUTTERSCOTCH CREAM PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 425°F for pastry, 375°F for meringue *Bake:* 10 minutes, 12 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Notes. Flute edges and prick crust with fork (Figure 5.4). Bake at 425°F for 10 minutes or until light brown.
Margarine Sugar, brown	1 lb 2 lb 8 oz	Melt margarine. Stir in sugar. Cook over low heat to 220°F, stirring occasionally.
Milk	3 qt	Add milk slowly to margarine-sugar mixture while stirring with wire whip. Stir until all sugar is dissolved. Heat mixture to boiling.
Cornstarch Flour, all-purpose Salt	6 oz 6 oz 1 Tbsp	Combine cornstarch, flour, and salt.
Milk, warm Eggs, whole Egg yolks	1 qt 5 (9 oz) 10 (6 oz)	Combine milk and eggs. Add to cornstarch and flour mixture and mix. Add to the hot mixture while stirring. Cook until thick. Remove from heat.
Margarine Vanilla	4 oz 2 Tbsp	Add margarine and vanilla. Cool partially. Fill baked pie shells, 1 lb 12 oz (3½ cups) per pie.
Egg whites Salt Sugar, granulated Cream of tartar	16 (1 lb 2 oz) ½ tsp 1 lb ½ tsp	Prepare Meringue (p. 227). Cover each filled pie with 5 oz meringue. Bake at 375°F for 10–12 minutes, or until meringue is golden brown. Cool quickly (within 4 hours) to temperature below 41°F. Refrigerate until served.

Approximate nutritive values per portion **Calories** 427

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 23 g	**36%**	**Cholest.** 68 mg	**23%**	**Total Carb.** 49 g	**16%**	**Vitamin A**	**12%**	**Calcium**	**11%**
Sat. Fat 6 g	**31%**	**Sodium** 465 mg	**19%**	Fiber 0.5 g	**2%**	**Vitamin C**	**1%**	**Iron**	**8%**
Protein 6 g				Sugars 12 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at temperature below 41°F.
- For eight 8-inch pies, use 2 lb 8 oz dough portioned 5 oz per pie. Use 1 lb 8 oz (3 cups) filling per pie.
- Recipe may be used for pudding. Omit flour and increase cornstarch to 8 oz.

LEMON PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 425°F pastry, 375°F meringue *Bake:* 10 minutes, 12 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Note. Flute edges and prick bottom and sides of crust with fork. Bake at 425°F for 10 minutes or until light brown.
Water Salt Lemon rinds, grated	2¼ qt 2 tsp 3	Heat water, salt, and lemon peel to boiling point.
Sugar, granulated Cornstarch Water, cold	3 lb 8 oz 12 oz 3 cups	Mix sugar and cornstarch. Add cold water and stir until mixed. Add slowly to boiling water, stirring constantly with wire whip. Cook until thickened and clear. Remove from heat.
Egg yolks, beaten	16 (1½ cups)	Add, while stirring, a small amount of hot mixture to egg yolks. Add to remaining hot mixture, stirring constantly. Return to heat and cook about 5 minutes. Remove from heat.
Margarine Lemon juice	3 oz 1½ cups	Add margarine and lemon juice. Blend. Scale into baked pie shells, 1 lb 10 oz (3½ cups) per pie.
Egg whites Salt Sugar, granulated Cream of tartar	16 (1 lb 2 oz) ½ tsp 1 lb ½ tsp	Prepare Meringue (p. 227). Cover each pie with 5 oz meringue. Bake at 375°F for 10–12 minutes, or until meringue is golden brown. Cool quickly (within 4 hours) to temperature below 41°F. Refrigerate until served.

Approximate nutritive values per portion **Calories** 355

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	**22%**	**Cholest.** 61 mg	**20%**	**Total Carb.** 55 g	**18%**	**Vitamin A**	**9%**	**Calcium**	**1%**
Sat. Fat 4 g	**18%**	**Sodium** 302 mg	**13%**	Fiber 0.5 g	**2%**	**Vitamin C**	**3%**	**Iron**	**5%**
Protein 3 g				Sugars 36 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at temperature below 41°F.
- For eight 8-inch pies, use 2 lb 8 oz dough portioned 5 oz per pie. Use 3 cups filling per pie.

CUSTARD PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 450°F, 350°F *Bake:* 15 minutes, 20 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Notes. Flute edges.
Eggs Sugar, granulated Salt Vanilla	30 (3 lb 4 oz) 1 lb 14 oz 1¼ tsp 2½ Tbsp	Beat eggs slightly. Add sugar, salt, and vanilla. Mix.
Milk, scalded	1¼ gal	Add hot milk, slowly at first, then more rapidly. Pour into unbaked pie shells, 1 qt per pie.
Nutmeg, ground	2 tsp	Sprinkle nutmeg over top of pies. Bake at 450°F for 15 minutes. Reduce heat to 350°F and bake for 20 minutes, or until a knife inserted halfway between the edge and center comes out clean. Cool quickly (within 4 hours) to below 41°F. Refrigerate until served.

Approximate nutritive values per portion **Calories** 312

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 17 g	**26%**	**Cholest.** 124 mg	**41%**	**Total Carb.** 32 g	**11%**	**Vitamin A**	**8%**	**Calcium**	**12%**
Sat. Fat 5 g	**27%**	**Sodium** 296 mg	**12%**	Fiber 0.4 g	**2%**	**Vitamin C**	**1%**	**Iron**	**6%**
Protein 8 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at temperature below 41°F.
- For eight 8-inch pies, use 2 lb 8 oz dough portioned 5 oz per pie. For filling, use 24 (2 lb 8 oz) eggs, 1 lb 8 oz sugar, 1 tsp salt, 2 Tbsp vanilla, and 1 gal milk, portioned 3 cups per pie.

Variation

- **Coconut Custard Pie.** Add 1 lb flaked coconut. Omit nutmeg.

PUMPKIN PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 450°F, 350°F *Bake:* 15 minutes, 30 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Notes. Flute edges.
Eggs, beaten Pumpkin	14 (1 lb 8 oz) 2½ qt (3 No. 2½ cans)	Combine eggs and pumpkin in mixer bowl.
Sugar, granulated Sugar, brown Ginger, ground Cinnamon, ground Salt	1 lb 12 oz 10 oz 1½ tsp 1½ Tbsp 1 Tbsp	Combine sugars and seasonings. Add to pumpkin mixture.
Milk, hot	2¾ qt	Add milk to pumpkin mixture. Mix. Pour into unbaked pie shells, 1 qt per pie. Bake at 450°F for 15 minutes. Reduce heat to 350°F and bake for 30 minutes, or until a knife inserted halfway between the edge and center comes out clean. Cook quickly (within 4 hours) to below 41°F. Refrigerate until served.

Approximate nutritive values per portion **Calories** 295

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	**22%**	**Cholest.** 58 mg	**19%**	**Total Carb.** 38 g	**13%**	**Vitamin A**	**100%**	**Calcium**	**8%**
Sat. Fat 4 g	**21%**	**Sodium** 329 mg	**14%**	Fiber 2 g	**7%**	**Vitamin C**	**3%**	**Iron**	**9%**
Protein 5 g				Sugars 16 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at temperature below 41°F.
- For eight 8-inch pies, use 2 lb 8 oz pastry portioned 5 oz per pie. Use 3½ cups filling per pie.
- Undiluted evaporated milk may be substituted for fresh milk.
- One pound chopped pecans may be sprinkled over tops of pies after 15 minutes of baking. Continue baking.

Variation

- **Praline Pumpkin Pie.** Mix 12 oz finely chopped pecans, 14 oz brown sugar, and 8 oz margarine or butter. Pat 4 oz of mixture into each unbaked pie shell before pouring in filling.

PECAN PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 350°F *Bake:* 40 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Note. Flute edges.
Sugar, granulated Margarine Salt	5 lb 5 oz 1 Tbsp	Cream sugar, margarine, and salt on medium speed until fluffy, using flat beater.
Eggs, beaten	30 (3 lb 4 oz)	Add eggs to creamed mixture and mix well.
Corn syrup, white Vanilla	1¼ qt 3 Tbsp	Add corn syrup and vanilla. Blend thoroughly.
Pecan halves or pieces	2 lb	Place 4½ oz pecans in each unbaked pie shell. Pour 1 lb 8 oz (3 cups) egg-sugar mixture over pecans. Bake at 350°F for 40 minutes, or until filling is set.

Approximate nutritive values per portion **Calories** 568

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 27 g	**41%**	**Cholest.** 112 mg	**37%**	**Total Carb.** 78 g	**26%**	**Vitamin A**	**5%**	**Calcium**	**3%**
Sat. Fat 5 g	**25%**	**Sodium** 365 mg	**15%**	Fiber 1.5 g	**6%**	**Vitamin C**	**0%**	**Iron**	**14%**
Protein 6 g				Sugars 54 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- For eight 8-inch pies, use 2 lb 8 oz pastry portioned 5 oz per pie. Use 2½ cups filling and 4 oz pecans per pie.

PECAN CREAM CHEESE PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 375°F, 350°F *Bake:* 10 minutes, 40–45 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 5 oz per pan. For 8-inch pies, see Notes. Flute edges and prick crust with fork (Figure 5.4). Bake at 375°F for 10 minutes or until set. Cool.
Cream cheese, softened Sugar, granulated	3 lb 12 oz 1 lb	Combine cream cheese and sugar in mixer bowl. Beat on medium until smooth, using flat beater.
Eggs Salt Vanilla	7 (12 oz) 1 tsp 2 Tbsp	Add eggs, salt, and vanilla to creamed mixture. Beat until smooth. Spread 12 oz filling into each pie shell.
Pecan pieces	2 lb 3 oz	Sprinkle 5 oz pecans over cream cheese layer.
Eggs Sugar, brown Corn syrup Vanilla	11 (1 lb 4 oz) 8 oz 2 lb 8 oz 1 Tbsp	Combine eggs, sugar, corn syrup, and vanilla in mixer bowl. Mix until blended. Scale 10 oz (approximately 1 cup) over pecans. Bake at 350°F for 40–45 minutes. Cool. Refrigerate 6–8 hours before serving.

Approximate nutritive values per portion **Calories** 514

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 36 g	**55%**	**Cholest.** 103 mg	**34%**	**Total Carb.** 43 g	**14%**	**Vitamin A**	**16%**	**Calcium**	**5%**
Sat. Fat 11 g	**55%**	**Sodium** 337 mg	**14%**	Fiber 2 g	**6%**	**Vitamin C**	**0%**	**Iron**	**14%**
Protein 7 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at temperature below 41°F.
- For eight 8-inch pies, use 2 lb 8 oz pastry portioned 5 oz per pie. For the filling, portion 11 oz cream cheese filling, 8 oz (1 cup) syrup mixture, and 4 oz pecans per pie.

CHOCOLATE CHIFFON PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 425°F pastry *Bake:* 10 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Notes. Flute edges and prick crust with a fork (Figure 5.4). Bake at 425°F for 10 minutes or until light brown.
Gelatin, unflavored Water, cold	1½ oz 1½ cups	Sprinkle gelatin over water. Let stand 10 minutes.
Unsweetened chocolate Water, boiling	8 oz 3 cups	Melt chocolate. Add hot water slowly. Stir until mixed. Add gelatin and stir until dissolved.
Egg yolks, beaten Sugar, granulated Salt	24 (1 lb) 1 lb 8 oz 1½ tsp	Combine egg yolks, sugar, and salt. Cook until mixture begins to thicken.
Vanilla	2 Tbsp	Add vanilla and chocolate to egg mixture. Chill until mixture begins to congeal.
Egg whites (see Notes) Sugar, granulated	24 (1 lb 12 oz) 1 lb 8 oz	Beat egg whites until frothy. Gradually add sugar and beat at high speed until meringue can be formed into soft peaks. Fold into chocolate mixture. Scale into baked pie shells, 1 lb (4 cups) per pie. Cool quickly (within 4 hours) to below 41°F. Refrigerate until served.
Cream, whipping Sugar, granulated	1 qt ¼ cup	Just before serving whip cream. Add sugar. Spread 1 cup whipped cream over each pie.

Approximate nutritive values per portion **Calories** 365

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 21 g	**33%**	**Cholest.** 123 mg	**41%**	**Total Carb.** 40 g	**13%**	**Vitamin A**	**21%**	**Calcium**	**3%**
Sat. Fat 8 g	**39%**	**Sodium** 263 mg	**11%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 6 g				Sugars 26 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at temperature below 41°F.
- Use of pasteurized frozen egg yolks and whites is recommended.
- For eight 8-inch pies, use 2 lb 8 oz pastry portioned 5 oz per pie. For filling, use 12 oz (3 cups) per pie.
- Graham Cracker Crust (p. 226) may be used in place of pastry.

Variations

- **Chocolate Peppermint Chiffon Pie.** Cover pie with whipped cream to which 1 lb crushed peppermint candy sticks has been added.
- **Chocolate Refrigerator Dessert.** Use ⅔ recipe Chocolate Chiffon Pie. Spread 12 oz vanilla wafer crumbs over bottom of 12 × 20 × 2-inch pan. Pour in chocolate chiffon mixture and cover with 1 lb 12 oz crumbs.
- **Frozen Chocolate Chiffon Pie.** Fold in 3 cups cream, whipped. Pile into pastry or graham cracker crust. Spread over tops of pies 1½ cups cream, whipped and sweetened with 3 Tbsp sugar. Freeze. Serve frozen.

STRAWBERRY CHIFFON PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 425°F pastry *Bake:* 10 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8 inch pies, see Notes. Flute edges and prick crust with fork (Figure 5.4). Bake at 425°F for 10 minutes or until light brown.
Strawberries, sliced frozen	3 lb 12 oz	Drain strawberries. Reserve juice.
Strawberry gelatin Water, boiling	1 lb 4 oz 1¼ qt	Dissolve gelatin in boiling water.
Strawberry juice drained from berries Lemon juice	2 lb (1 qt) ⅔ cup	Add enough water to reserved juice to make 1 qt. Combine lemon and strawberry juices. Add to gelatin mixture. Chill until partially set. Stir occasionally.
Whipped topping	3 cups	Whip topping stiff but not dry. Whip gelatin mixture until soft peaks form. Fold in whipped topping.
Egg whites (see Notes) Salt Sugar, granulated	10 (12 oz) 1 tsp 12 oz	Add salt to egg whites. Beat until soft peaks form. Gradually add sugar. Beat until stiff peaks form. Fold in gelatin mixture. Fold strawberries into mixture. Portion 1 lb 4 oz filling into each baked pie shell. Cook quickly (within 4 hours) to below 41°F. Refrigerate until served.

Approximate nutritive values per portion **Calories** 295

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 15 g	**24%**	**Cholest.** 14 mg	**5%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**4%**	**Calcium**	**1%**
Sat. Fat 5 g	**26%**	**Sodium** 472 mg	**20%**	Fiber 1.3 g	**5%**	**Vitamin C**	**27%**	**Iron**	**5%**
Protein 7 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at internal temperature below 41°F.
- Use of pasteurized frozen egg whites is recommended.
- For eight 8-inch pies, use 2 lb 8 oz pastry portioned 5 oz per pie. For the filling, use 1 lb per pie.

LEMON CHIFFON PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 425°F pastry *Bake:* 10 minutes

Ingredient	*Amount*	*Procedure*
Pastry for One-Crust Pies (p. 224)	4 lb	Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Notes. Flute edges and prick crust with fork (Figure 5.4). Bake at 425°F for 10 minutes or until light brown.
Gelatin, unflavored Water, cold	1½ oz 1¾ cups	Sprinkle gelatin over water. Let stand 10 minutes.
Egg yolks, beaten Sugar, granulated Salt Lemon juice	21 (13 oz) 1 lb 8 oz 2 tsp 2½ cups	Add sugar, salt, and lemon juice to egg yolks. Cook in steam-jacketed kettle or over hot water until consistency of custard. Remove from heat. Add softened gelatin. Stir until dissolved.
Lemon peel, grated	2 Tbsp	Add lemon peel. Chill until mixture begins to congeal.
Egg whites (see Notes) Sugar, granulated	21 (1 lb 8 oz) 1 lb 2 oz	Beat egg whites until frothy. Gradually add sugar and beat until meringue will form soft peaks. Fold into lemon mixture. Scale into baked pie shells, 1 lb (4 cups) per pie. Cool quickly (within 4 hours) to below 41°F. Refrigerate until served.
Cream, whipping Sugar, granulated	1 qt ½ cup	Just before serving, whip cream. Spread 1 cup cream over each pie.

Approximate nutritive values per portion **Calories** 331

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 19 g	**29%**	**Cholest.** 103 mg	**34%**	**Total Carb.** 37 g	**12%**	**Vitamin A**	**18%**	**Calcium**	**2%**
Sat. Fat 7 g	**34%**	**Sodium** 280 mg	**12%**	Fiber 0.5 g	**2%**	**Vitamin C**	**5%**	**Iron**	**5%**
Protein 5 g				Sugars 23 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at temperature below 41°F.
- Use of pasteurized frozen egg yolks and whites is recommended.
- For eight 8-inch pies, use 2 lb 8 oz pastry portioned 5 oz per pie. For the filling, use 12 oz (3 cups) per pie.
- Graham Cracker Crust (p. 226) may be used in place of pastry.

Variations

- **Frozen Lemon Pie.** Increase sugar in custard to 2 lb. Delete sugar from meringue. Beat egg whites and fold into 2 qt cream, whipped. Fold into chilled lemon mixture. Pour into Graham Cracker Crust (p. 226). Freeze. Serve frozen.
- **Lemon Refrigerator Dessert.** Crush 3 lb 8 oz vanilla wafers. Spread half of crumbs in bottom of 12 × 20 × 2-inch pan. Pour chiffon pie mixture over crumbs and cover with remaining crumbs.
- **Orange Chiffon Pie.** Substitute 2 cups orange juice for 2 cups lemon juice. Substitute grated orange peel for lemon peel.

ICE CREAM PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie
Oven: 500°F *Bake:* 2–3 minutes

Ingredient	*Amount*	*Procedure*
Graham Cracker Crust (p. 226)	1 recipe	Prepare seven 9-inch crusts. For 8-inch pies, see Notes.
Vanilla ice cream	2 gal	Soften ice cream. Dip into prepared crusts, using 4½ cups per pie. Freeze several hours.
Egg whites (see Notes) Salt Sugar, granulated Vanilla	24 (2 lb 10 oz) ¾ tsp 1 lb 8 oz 1½ tsp	Add salt to egg whites. Beat until frothy, using whip attachment. Add sugar gradually, beating at high speed until sugar has dissolved. Add vanilla. Cover pies with meringue, 9 oz per pie. Brown quickly (2–3 minutes) in oven at 500°F. Return to freezer if not served immediately.
Chocolate Sauce (p. 584)	1½ qt	Serve with chocolate sauce or fresh strawberries.

Approximate nutritive values per portion **Calories** 467

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 22 g	**34%**	**Cholest.** 35 mg	**12%**	**Total Carb.** 64 g	**21%**	**Vitamin A**	**12%**	**Calcium**	**12%**
Sat. Fat 9 g	**43%**	**Sodium** 339 mg	**14%**	Fiber 0.3 g	**1%**	**Vitamin C**	**0%**	**Iron**	**5%**
Protein 7 g				Sugars 31 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Use of pasteurized frozen egg whites is recommended.
- For eight 8-inch pies, portion 1 qt ice cream per pie. Cover with 8 oz meringue.
- Pastry crust, baked, may be used in place of graham cracker crust.
- Other flavors of ice cream may be used.

Variation

- **Raspberry Alaska Pie.** Thicken three 40-oz packages frozen red raspberries with 2 oz cornstarch. Make thin layers of thickened berries and ice cream in graham cracker crusts, using about half of the berries. Proceed as for Ice Cream Pie. Spoon remaining berries over individual servings of pie.

FROZEN MOCHA ALMOND PIE

Yield: 56 portions or 7 9-inch pies *Portion:* 8 pieces per pie

Ingredient	*Amount*	*Procedure*
Graham Cracker Crust (p. 226)	1 recipe	Prepare seven 9-inch crusts. For 8-inch pies, see Notes.
Gelatin, unflavored Water, cold	1½ oz 1 cup	Sprinkle gelatin over water. Let stand 10 minutes.
Egg yolks, beaten Sugar, granulated Salt Coffee, hot	18 (11 oz) 1 lb 8 oz 1 Tbsp 2 qt	Add sugar, salt, and coffee to egg yolks. Cook in steam-jacketed kettle or over hot water until mixture coats spoon. Remove from heat. Add softened gelatin. Stir until dissolved. Chill until mixture is consistency of unbeaten egg whites.
Egg whites (see Notes) Cream of tartar Sugar, granulated	18 (1 lb 5 oz) 1½ tsp 1 lb 8 oz	Add cream of tartar to egg whites. Beat until frothy. Add sugar gradually and beat on high speed until consistency of meringue. Fold into gelatin mixture.
Cream, whipping Sugar, granulated	1 qt ¼ cup	Whip cream. Add sugar to one-third of the whipped cream. Save for topping.
Almonds, toasted Vanilla	1 lb 2 Tbsp	Add almonds and vanilla to remaining whipped cream. Fold into gelatin mixture. Pour into prepared crusts. Spread remaining whipped cream over pies and freeze. Remove from freezer 15–20 minutes before serving.

Approximate nutritive values per portion **Calories** 378

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 19 g	**29%**	**Cholest.** 90 mg	**30%**	**Total Carb.** 48 g	**16%**	**Vitamin A**	**18%**	**Calcium**	**5%**
Sat. Fat 6 g	**29%**	**Sodium** 312 mg	**13%**	Fiber 0.7 g	**3%**	**Vitamin C**	**0%**	**Iron**	**6%**
Protein 6 g				Sugars 33 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Use of pasteurized frozen egg yolks and whites is recommended.
- For eight 8-inch pies, use 2 lb 8 oz pastry, portioned 5 oz per pie. Portion filling 3 cups per pie.

OTHER DESSERT RECIPES

BUTTERSCOTCH PUDDING

Yield: 50 portions or 6 qt *Portion:* ½ cup

Ingredient	*Amount*	*Procedure*
Margarine Sugar, brown	10 oz 3 lb 4 oz	Cook margarine and sugar in steam-jacketed kettle until sugar starts to dissolve.
Water, warm	1 qt	Add water slowly, while stirring. Turn off heat.
Milk	2½ qt	Add milk to warm mixture.
Cornstarch Flour, all-purpose Salt Milk	6 oz 2½ oz ½ tsp 3 cups	Combine dry ingredients in mixer bowl. Add milk to make a smooth paste. Slowly add to warm sugar-milk mixture, stirring constantly. Cook until mixture thickens. Turn off heat.
Eggs	8 (14 oz)	Beat eggs on medium speed for 3 minutes. Add some of the hot mixture to the beaten eggs while still beating. Gradually add egg mixture to hot mixture. Turn on heat. Cook to 185°F.
Vanilla	2 Tbsp	Stir in vanilla. Cool quickly (within 4 hours) to temperature below 41°F. Cover with plastic wrap or waxed paper while cooling to prevent formation of film (see Notes). Serve cold with No. 10 dipper (rounded).

Approximate nutritive values per portion **Calories** 222

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**12%**	**Cholest.** 42 mg	**14%**	**Total Carb.** 36 g	**12%**	**Vitamin A**	**5%**	**Calcium**	**10%**
Sat. Fat 2 g	**12%**	**Sodium** 128 mg	**5%**	Fiber 0 g	**0%**	**Vitamin C**	**1%**	**Iron**	**4%**
Protein 3 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet

Notes

- Potentially hazardous food. Store at internal temperature below 41°F.
- See p. 44 for recommended cooling procedures.

CHOCOLATE PUDDING

Yield: 50 portions or 6 qt *Portion:* ½ cup

Ingredient	*Amount*	*Procedure*
Sugar, granulated	2 lb 6 oz	Combine dry ingredients.
Flour, all-purpose	6 oz	
Cornstarch	3 oz	
Salt	1 tsp	
Cocoa	8 oz	
Milk	1 gal	Pour milk into steam-jacketed kettle or stock pot. Gradually add dry ingredients while stirring briskly with a wire whip. Heat to boiling point, then cook until thickened, about 20 minutes. Stir occasionally. Remove from heat.
Margarine	8 oz	Add margarine and vanilla. Blend. Cool quickly (within 4 hours) to temperature below 41°F. Cover with plastic wrap or waxed paper while cooling to prevent formation of film (see Notes). Serve cold with No. 10 dipper (rounded).
Vanilla	2 Tbsp	

Approximate nutritive values per portion **Calories** 193

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**10%**	**Cholest.** 11 mg	**4%**	**Total Carb.** 32 g	**11%**	**Vitamin A**	**4%**	**Calcium**	**10%**
Sat. Fat 2 g	**12%**	**Sodium** 127 mg	**5%**	Fiber 0 g	**0%**	**Vitamin C**	**1%**	**Iron**	**9%**
Protein 4 g				Sugars 25 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at internal temperature below 41°F.
- See p. 44 for recommended cooling procedures.

Variations

- **Chocolate Banana Pudding.** Slice 12 bananas into cooled pudding.
- **Chocolate Pudding with Chips.** Stir 8 oz peanut butter, butterscotch, or chocolate chips into cooled pudding.

TAPIOCA CREAM PUDDING

Yield: 50 portions or 6 qt *Portion:* ½ cup

Ingredient	*Amount*	*Procedure*
Milk	1 gal	Heat milk to boiling point in a steam-jacketed kettle or stock pot.
Tapioca, quick-cooking	9 oz	Add tapioca gradually while stirring with a wire whip. Cook until clear, stirring frequently.
Eggs yolks, beaten Sugar, granulated Salt	10 (6 oz) 1 lb 2 tsp	Mix egg yolks, sugar, and salt. Add slowly to hot mixture while stirring. Cook about 10 minutes. Remove from heat.
Egg whites (see Notes) Sugar, granulated	10 (12 oz) 4 oz	Beat egg whites until frothy. Add sugar and beat on high speed to form a meringue.
Vanilla	2 Tbsp	Fold egg whites and vanilla into tapioca mixture. Cool quickly (within 4 hours) to temperature below 41°F. Serve cold with No. 10 dipper (rounded).

Approximate nutritive values per portion **Calories** 129

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	**6%**	**Cholest.** 54 mg	**18%**	**Total Carb.** 20 g	**7%**	**Vitamin A**	**9%**	**Calcium**	**9%**
Sat. Fat 2 g	**10%**	**Sodium** 137 mg	**6%**	Fiber 0 g	**0%**	**Vitamin C**	**1%**	**Iron**	**1%**
Protein 4 g				Sugars 15 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Use of pasteurized frozen egg whites is recommended.
- Potentially hazardous food. Store at internal temperature below 41°F.
- See p. 44 for recommended cooling procedures.

Variation

- **Fruit Tapioca Cream.** Add 1 qt chopped canned peaches or crushed pineapple, drained. Add ½ tsp almond extract for peach tapioca.

VANILLA CREAM PUDDING

Yield: 50 portions or 6 qt *Portion:* ½ cup

Ingredient	*Amount*	*Procedure*
Milk Sugar, granulated	3 qt 1 lb	Heat milk and sugar in steam-jacketed kettle.
Sugar, granulated Cornstarch Salt Milk, cold	1 lb 4 oz 6 oz 1½ tsp 2¼ qt	Combine dry ingredients with cold milk in mixer bowl. Whip until smooth. Add to hot milk mixture slowly, stirring constantly with a wire whip. Cook mixture until it is thickened and there is no starch taste, approximately 10 minutes.
Egg yolks, beaten	20 (12 oz)	Add, while stirring, a small amount of hot mixture to the beaten eggs. Add to remainder of hot mixture in kettle, stirring constantly. Stir slowly and cook about 2 minutes. Remove from heat.
Margarine Vanilla	4 oz 2 Tbsp	Stir in margarine and vanilla. Cool quickly (within 4 hours) to temperature below 41°F. Cover with waxed paper while cooling to prevent formation of film (see Notes). Serve cold with No. 10 dipper (rounded).

Approximate nutritive values per portion **Calories** 197

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 101 mg	**34%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**17%**	**Calcium**	**13%**
Sat. Fat 3 g	**16%**	**Sodium** 139 mg	**6%**	Fiber 0 g	**0%**	**Vitamin C**	**1%**	**Iron**	**1%**
Protein 5 g				Sugars 25 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at internal temperature below 41°F.
- See p. 44 for recommended cooling procedures.

Variations

- **Banana Cream Pudding.** Add 12 bananas, sliced, to cooled pudding.
- **Chocolate Cream Pudding.** Add 6 oz sugar and 8 oz cocoa.
- **Coconut Cream Pudding.** Add 8 oz shredded coconut just before serving.
- **Pineapple Cream Pudding.** Add 1 qt crushed pineapple, well drained.

BAKED DATE PUDDING

Yield: 54 portions or 1 pan 12 × 20 × 2 inches *Portion:* 3 oz
Oven: 350°F *Bake:* 45 minutes

Ingredient	*Amount*	*Procedure*
Dates	2 lb 4 oz	Pour hot water over dates in mixer bowl. Cover and let dates steam for 15 minutes.
Water, hot	2½ cups	Mix on low speed and then on medium speed until dates are broken into small pieces.
Sugar, granulated	1 lb	Combine dry ingredients in bowl and stir until blended.
Flour, all-purpose	1 lb	Add to date mixture. Mix on low speed only until blended.
Baking powder	1½ oz	Scale into well-greased 12 × 20 × 2-inch baking pan.
Nonfat dry milk	2 oz	
Salt	1½ tsp	
Walnuts, coarsely chopped	12 oz	
Sugar, brown	1 lb 4 oz	Mix sugar, margarine, and water. Heat to boiling point.
Margarine	2 oz	Pour hot sauce over batter in pan. Do not stir.
Water, boiling	1½ qt	Bake at 350°F for 45 minutes. Cool.
		Cut 6 × 9 for 54 portions or 6 × 8 for 48 portions.
		Serve with whipped cream or whipped topping.

Approximate nutritive values per portion **Calories** 205

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**7%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 40 g	**13%**	**Vitamin A**	**1%**	**Calcium**	**8%**
Sat. Fat 0 g	**0%**	**Sodium** 160 mg	**7%**	Fiber 2 g	**8%**	**Vitamin C**	**0%**	**Iron**	**5%**
Protein 3 g				Sugars 21 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

LEMON CAKE PUDDING

Yield: 60 portions or 2 pans 12 × 20 × 2 inches *Portion:* 2½ × 3 inches
Oven: 350°F *Bake:* 1 hour

Ingredient	*Amount*	*Procedure*
Egg yolks Lemon juice Margarine, softened	35 (1 lb 6 oz) 5 cups 3 oz	Beat egg yolks, lemon juice, and margarine together until lemon colored.
Sugar, granulated Flour, all-purpose Salt	6 lb 1 lb 3 oz 1 oz (1½ Tbsp)	Combine sugar, flour, and salt.
Milk	3 qt	Add dry ingredients and milk alternately to egg mixture on low speed, ending with dry ingredients.
Egg whites	27 (2 lb)	Beat egg whites on high speed, until stiff, using wire whip attachment. Blend into egg mixture on low speed.
		Pour pudding into two 12 × 20 × 2-inch counter pans, 9 lb 8 oz per pan. Set filled pans in two other counter pans that have been filled half full with boiling water. Bake at 350°F for 1 hour. Cut 5 × 6.

Approximate nutritive values per portion **Calories** 297

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g Sat. Fat 2 g **Protein** 6 g	**9%** **11%**	**Cholest.** 140 mg **Sodium** 232 mg	**47%** **10%**	**Total Carb.** 56 g Fiber 0.3 g Sugars 47 g	**19%** **1%**	**Vitamin A** **Vitamin C**	**22%** **9%**	**Calcium** **Iron**	**7%** **4%**

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. Store at internal temperature below 41°F.

CHEESECAKE

Yield: 48 portions or 6 8-inch cakes *Portion:* cut 8 per cake
Oven: 350°F *Bake:* 45 minutes

Ingredient	*Amount*	*Procedure*
Graham cracker crumbs	1 lb 8 oz	Combine crumbs, sugar, and melted margarine. Place 1 cup crumb mixture into each of six 8-inch pie pans or six 6 × 6-inch square cake pans. Press crumbs to sides and bottom of pans.
Sugar, granulated	12 oz	
Margarine, melted	12 oz	
Cream cheese	4 lb 8 oz	Let cheese stand until it reaches room temperature. Cream until smooth, using flat beater.
Eggs	11 (1 lb 3 oz)	Add eggs slowly to cream cheese while beating.
Sugar, granulated	1 lb 2 oz	Add sugar and vanilla to cheese mixture. Beat on high speed for about 5 minutes. Place about 3 cups filling in each shell. Bake at 350°F for 30–35 minutes or until set. Do not overbake.
Vanilla	2 Tbsp	
Sour cream	1¼ qt	Mix sour cream, sugar, and vanilla. Spread 1 cup topping on each cake.
Sugar, granulated	4 oz	
Vanilla	1½ tsp	
Graham cracker crumbs	4 oz	Sprinkle with a few graham cracker crumbs. Bake 10 minutes.

Approximate nutritive values per portion **Calories** 420

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 28 g	**44%**	**Cholest.** 106 mg	**35%**	**Total Carb.** 35 g	**12%**	**Vitamin A**	**28%**	**Calcium**	**7%**
Sat. Fat 14 g	**72%**	**Sodium** 321 mg	**13%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 7 g				Sugars 20 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. Store below 41°F.

Variation

- **Cheesecake with Fruit Glaze.** Cover baked cheesecake with the following glaze: Thaw and drain 6 lb frozen strawberries, raspberries, or cherries. Measure 1 qt fruit syrup, adding water if needed to make that amount. Add slowly to mixture of 4 oz cornstarch, 6 oz granulated sugar, and ¾ cup lemon juice if using berries or sweet cherries or ¾ cup additional water if using sour cherries. Cook until thick and clear. Cool slightly. Add drained fruit. Spread over cheesecakes. Canned fruit pie fillings may be used for the glaze.

BAKED CUSTARD

Yield: 50 custards *Portion:* 4 oz
Oven: 325°F *Bake:* 40–45 minutes

Ingredient	*Amount*	*Procedure*
Eggs	20 (2 lb 3 oz)	Beat eggs slightly, using wire whip attachment.
Sugar, granulated	1 lb 4 oz	Add sugar, salt, cold milk, and vanilla.
Salt	½ tsp	Mix on low speed only until blended.
Milk, cold	1 qt	
Vanilla	2 Tbsp	
Milk	1 gal	Scald milk by bringing to point just below boiling. Add to egg mixture and blend.
Nutmeg	2 tsp	Pour mixture into custard cups that have been arranged in baking pans. Sprinkle nutmeg over tops. Pour hot water around cups. Bake at 325°F for 40–45 minutes or until a knife inserted in custard comes out clean (180°F). Cool quickly (within 4 hours) to below 41°F.

Approximate nutritive values per portion **Calories** 136

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**8%**	**Cholest.** 98 mg	**33%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**7%**	**Calcium**	**12%**
Sat. Fat 3 g	**13%**	**Sodium** 95 mg	**4%**	Fiber 0 g	**0%**	**Vitamin C**	**1%**	**Iron**	**1%**
Protein 6 g				Sugars 16 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at internal temperature below 41°F.
- Custard may be baked in a 12 × 20 × 2-inch pan set in a pan of hot water. Cut 5 × 8 for 40 portions.

Variations

- **Bread Pudding.** Pour liquid mixture over 1 lb dry bread cubes and let stand until bread is softened. Add 1 lb raisins if desired. Bake. Day-old sweet rolls may be substituted for bread.
- **Caramel Custard.** Add 1 cup Burnt Sugar Syrup (p.175) slowly to scalded milk and stir carefully until melted.
- **Rice Custard.** Use ½ Baked Custard recipe, adding 1 lb rice (AP) cooked, 1 lb raisins, and 3 oz melted margarine or butter.

FLOATING ISLAND

Yield: 50 portions or 6 qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Milk	4½ qt	Heat milk to boiling point.
Sugar, granulated Cornstarch Salt	1 lb 4 oz ½ tsp	Combine sugar, cornstarch, and salt. Add gradually to hot milk, stirring briskly with wire whip. Cook over hot water or in steam-jacketed kettle until slightly thickened.
Egg yolks, beaten Vanilla	27 (1 lb 2 oz) 2 Tbsp	Gradually stir egg yolks and vanilla into hot mixture. Continue cooking until thickened, about 5 minutes.
Egg whites Sugar, granulated	27 (1 lb 14 oz) 12 oz	Beat egg whites on high speed past the frothy stage, approximately 1½ minutes, using wire whip attachment. Add sugar gradually, while beating. Beat until sugar has dissolved and mixture resembles meringue. Drop by spoonfuls onto hot water and bake at 375°F until set.
		Cool custard slightly and pour into sherbet dishes; or dip, using a No. 10 dipper. Lift meringues from water with a fork and place on top of portioned custards. Add dash of nutmeg. Chill quickly before serving (below 41°F within 4 hours).

Approximate nutritive values per portion **Calories** 164

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**9%**	**Cholest.**121 mg	**40%**	**Total Carb.** 23 g	**8%**	**Vitamin A**	**19%**	**Calcium**	**11%**
Sat. Fat 3 g	**13%**	**Sodium** 95 mg	**4%**	Fiber 0 g	**0%**	**Vitamin C**	**1%**	**Iron**	**2%**
Protein 6 g				Sugars 20 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at an internal temperature below 41°F.
- See p. 44 for recommended cooling procedures.

Variation

- **Creamy Custard Sauce with Fruit.** Ladle 3 oz custard over fresh fruit. Suggested combinations are sliced bananas, blueberries and sliced peaches; or cubed pineapple, raspberries, and sliced peaches.

CHRISTMAS PUDDING

Yield: 48 portions *Portion:* 3 oz
Steam pressure: 5–6 lb *Steam:* 40–45 minutes

Ingredient	*Amount*	*Procedure*
Carrots, raw, peeled Potatoes, raw, peeled	1 lb 4 oz (EP) 1 lb 11 oz (EP)	Peel and grate carrots and potatoes.
Sugar, granulated Margarine	2 lb 1 lb	Cream sugar and margarine on medium speed, using flat beater.
Raisins Dates, chopped Nuts, chopped	1 lb 4 oz 1 lb 4 oz 12 oz	Add raisins, dates, and nuts to creamed mixture. Add carrots and potatoes. Mix on low speed until blended.
Flour, all-purpose Baking soda Cinnamon Cloves Nutmeg Salt	1 lb 4 tsp 1 Tbsp 1 Tbsp 1 Tbsp ¼ tsp	Combine dry ingredients. Add to fruit mixture. Mix on low speed until blended.
		Portion mixture with No. 16 dipper into greased muffin pans. Cover each filled pan with an inverted empty muffin pan. Steam for 40–45 minutes. Serve warm with Vanilla Sauce (p. 586), Hard Sauce (p. 586), or Nutmeg Sauce (p. 586). Garnish with holly leaf and whole cranberries for Christmas.

Approximate nutritive values per portion **Calories** 304

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**18%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 50 g	**17%**	**Vitamin A**	**36%**	**Calcium**	**3%**
Sat. Fat 2 g	**10%**	**Sodium** 213 mg	**9%**	Fiber 3 g	**11%**	**Vitamin C**	**4%**	**Iron**	**7%**
Protein 3 g				Sugars 35 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation • **Flaming Pudding.** Dip sugar cube in lemon extract. Place on hot pudding and light just before serving.

CREAM PUFFS

Yield: 50 portions *Portion:* 1 puff
Oven: 425°F, 325°F *Bake:* 15 minutes, 30 minutes

Ingredient	*Amount*	*Procedure*
Margarine or butter Water, boiling	1 lb 1 qt	Melt margarine in boiling water.
Flour, all-purpose Salt	1 lb 3 oz 1 tsp	Add flour and salt all at once to boiling mixture. Beat vigorously. Remove from heat as soon as mixture leaves sides of pan. Transfer to mixer bowl. Cool slightly.
Eggs	16 (1 lb 12 oz)	Add eggs one at a time, beating on high speed after each addition.
		Drop batter with No. 24 dipper onto greased baking sheets. Bake at 425°F for 15 minutes. Reduce heat to 325°F and bake 30 minutes longer.
		When ready to use, make a cut in top of each puff with a sharp knife. Fill with Custard Filling (p. 198), using a No. 16 dipper. Top with Chocolate Sauce (p. 584) if desired.

Approximate nutritive values per portion plus filling **Calories** 128

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**14%**	**Cholest.** 68 mg	**23%**	**Total Carb.** 9 g	**3%**	**Vitamin A**	**5%**	**Calcium**	**1%**
Sat. Fat 2 g	**10%**	**Sodium** 149 mg	**6%**	Fiber 0.3 g	**1%**	**Vitamin C**	**0%**	**Iron**	**4%**
Protein 3 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. Hold for service at below 41°F internal temperature when filled.

Variations

- **Butterscotch Cream Puffs.** Fill cream puffs with Butterscotch Pudding (p. 247). Top with Butterscotch Sauce (p. 583) if desired.
- **Eclairs.** Shape cream puff mixture by piping with a pastry tube, ¾ inch wide and 4 inches long. Bake. Split lengthwise. Proceed as for Cream Puffs. When filled, ice with Chocolate Glaze (p. 195).
- **Ice Cream Puffs.** Fill puffs with vanilla ice cream and serve with Chocolate Sauce (p. 584).
- **Orange Cream Puffs with Chocolate Filling.** Add ½ cup grated orange peel and 10 oz chopped almonds to cream puff mixture. Bake. Fill with Chocolate Cream Filling (p. 196) or Chocolate Pudding (p. 248).
- **Puff Shells.** Make bite-size shells with pastry tube or No. 100 dipper. Bake. Fill with chicken, fish, or ham salad. Yield: approximately 200 puffs.

PINEAPPLE BAVARIAN CREAM

Yield: 60 portions or 2 pans 12 × 20 × 2 inches *Portion:* 2½ × 3 inches

Ingredient	*Amount*	*Procedure*
Gelatin, unflavored Water, cold	3 oz 1 qt	Sprinkle gelatin over water. Let stand 10 minutes.
Crushed pineapple Sugar, granulated	1 No. 10 can 1 lb 12 oz	Heat pineapple and sugar to boiling point.
Lemon juice	¼ cup	Add gelatin to pineapple mixture. Stir until dissolved. Add lemon juice. Chill until mixture begins to congeal.
Whipping cream	1 qt	Whip cream and fold into pineapple mixture. Pour into 50 individual molds or two 12 × 20 × 2-inch pans. Cut 5 × 6.

Approximate nutritive values per portion **Calories** 129

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	8%	**Cholest.** 18 mg	6%	**Total Carb.** 20 g	7%	**Vitamin A**	5%	**Calcium**	1%
Sat. Fat 3 g	15%	**Sodium** 9 mg	1%	Fiber 0.4 g	2%	**Vitamin C**	8%	**Iron**	1%
Protein 2 g				Sugars 22 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- May be used for pie filling.

Variations

- **Apricot Bavarian Cream.** Substitute 3 lb dried apricots, cooked, or 6 lb canned apricots, sieved, for the crushed pineapple.
- **Strawberry Bavarian Cream.** Substitute 6 lb fresh or frozen sliced strawberries for pineapple.

RUSSIAN CREAM

Yield: 50 portions or 5 qt *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Gelatin, unflavored Water, cold	1½ oz 1¼ qt	Sprinkle gelatin over cold water. Let stand 10 minutes.
Light cream (half-and-half) Sugar, granulated	1½ qt 2 lb	Combine half-and-half and sugar. Heat until warm in steam-jacketed kettle or over hot water. Stir in softened gelatin. Heat until gelatin and sugar are dissolved but do not boil. Cool.
Sour cream Vanilla	2 lb 8 oz 2½ Tbsp	When mixture begins to thicken, fold in sour cream and vanilla, which have been beaten until smooth. Cool quickly (within 4 hours) to below 41°F.
Raspberries, frozen	5 lb	Dip pudding with No. 12 dipper. Serve with No. 30 dipper of partially defrosted raspberries.

Approximate nutritive values per portion **Calories** 209

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**13%**	**Cholest.** 21 mg	**7%**	**Total Carb.** 32 g	**11%**	**Vitamin A**	**9%**	**Calcium**	**6%**
Sat. Fat 5 g	**25%**	**Sodium** 26 mg	**1%**	Fiber 2 g	**8%**	**Vitamin C**	**14%**	**Iron**	**2%**
Protein 3 g				Sugars 27 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at internal temperature below 41°F.
- See p. 44 for recommended cooling procedures.

APPLE CRISP

Yield: 64 portions or 2 pans 12 × 20 × 2 inches *Portion:* 3 × 2½ inches
Oven: 350°F *Bake:* 45–50 minutes

Ingredient	*Amount*	*Procedure*
Apples, sliced	15 lb (EP)	Mix sugar and lemon juice with apples.
Sugar, granulated	12 oz	Arrange in two greased 12 × 20 × 2-inch baking pans,
Lemon juice	⅓ cup	8 lb per pan.
Margarine, soft	1 lb 4 oz	Combine remaining ingredients and mix until crumbly.
Flour, all-purpose	12 oz	Spread evenly over apples, 2 lb 4 oz per pan.
Rolled oats, quick-cooking, uncooked	12 oz	Bake at 350°F for 45–50 minutes. Serve with whipped cream, ice cream, or cheese.
Sugar, brown	2 lb	Cut 4 × 8.

Approximate nutritive values per portion **Calories** 240

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**12%**	**Cholest.** 19 mg	**6%**	**Total Carb.** 43 g	**14%**	**Vitamin A**	**7%**	**Calcium**	**2%**
Sat. Fat 5 g	**23%**	**Sodium** 80 mg	**3%**	Fiber 2 g	**10%**	**Vitamin C**	**10%**	**Iron**	**5%**
Protein 2 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Fresh, frozen, or canned apples may be used.
- 1 tsp cinnamon or nutmeg may be added to the topping.
- 8 oz finely chopped pecans may be added to the topping.

Variations

- **Cheese Apple Crisp.** Add 8 oz grated cheese to topping mixture.
- **Cherry Crisp.** Substitute frozen pie cherries for apples. Increase granulated sugar to 1 lb. Add ½ tsp almond extract.
- **Fresh Fruit Crisp.** Combine 3 lb granulated sugar, 12 oz flour, 1 Tbsp nutmeg, and 1 Tbsp cinnamon. Add to 15 lb fresh fruit, peeled and sliced. Top with mixture of 2 lb 6 oz margarine, 2 lb 8 oz brown sugar, and 2 lb 6 oz flour. Cream margarine, add brown sugar and flour, and mix until of dough consistency. Spread over fruit. Bake. Serve warm with cream.
- **Peach Crisp.** Substitute sliced peaches for apples.

BAKED APPLES

Yield: 50 portions *Portion:* 1 apple
Oven: 375°F *Bake:* 45 minutes

Ingredient	*Amount*	*Procedure*
Apples	50	Wash and core apples. Peel down about one-fourth of the way from the top. Place in baking pans, peeled-side up.
Sugar, granulated	3 lb	Mix sugar, water, salt, and cinnamon. Pour over apples.
Water, hot	3 cups	Bake at 375°F until tender, about 45 minutes, basting occasionally while cooking to glaze.
Salt	1 tsp	
Cinnamon, ground	1 Tbsp	Test for doneness with a pointed knife inserted in the apple.

Approximate nutritive values per portion **Calories** 187

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 48 g	**16%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 0 g	**0%**	**Sodium** 45 mg	**2%**	Fiber 3 g	**12%**	**Vitamin C**	**13%**	**Iron**	**1%**
Protein 0 g				Sugars 45 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Use apples of uniform size, suitable for baking, such as Rome Beauty or Jonathan.
- Amount of sugar will vary with tartness of apples.
- ½ cup red cinnamon candies may be substituted for cinnamon.
- Apple centers may be filled with chopped dates, raisins, nuts, or mincemeat.
- 3 oz margarine or butter may be added to the syrup for flavor.

APPLE DUMPLINGS

Yield: 50 dumplings *Portion:* 1 dumpling
Oven: 350°F *Bake:* 25–30 minutes

Ingredient	*Amount*	*Procedure*
Pastry for Two-Crust Pies (p. 225)	7 lb	Make pastry. Scale into 10-oz balls. Chill for 10 minutes or more.
Flour, all-purpose Sugar, granulated Salt Cinnamon, ground	10 oz 6 lb 1 Tbsp 1 Tbsp	Make sauce. Combine flour, sugar, salt, and cinnamon.
Water, hot	1½ gal	Add dry ingredients to water while stirring with a wire whip. Cook until thickened.
Margarine	1 lb	Add margarine and stir until margarine is melted. Remove from heat.
Vanilla	2 Tbsp	Add vanilla.
Apples, medium size	50	Wash, core, and peel apples.
Margarine	1 lb 8 oz	Roll pastry to ⅛-inch thickness. Position apple on dough and cut a circle approximately 7 inches in diameter around it. Insert 1 Tbsp margarine into center of each apple. Push toward center of apple.
Sugar, granulated Cinnamon, ground Nutmeg, ground	1 lb 5 oz 1½ Tbsp 2 tsp	Combine sugar, cinnamon, and nutmeg. Use mixture to fill centers of apples. Enclose the apple in the cut dough, pinching to seal the edges. Turn the apple over so that the bottom is the top and make three slashes in the top of the apple. Place in lightly greased baking pans. Bake for 15 minutes at 350°F. Baste dumplings with one-half of the sauce and bake 10–15 minutes longer or until golden brown. Serve dumplings with additional warm sauce as desired.

Approximate nutritive values per portion **Calories** 831

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 41 g	**63%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 116 g	**39%**	**Vitamin A**	**7%**	**Calcium**	**3%**
Sat. Fat 9 g	**46%**	**Sodium** 668 mg	**28%**	Fiber 4 g	**16%**	**Vitamin C**	**13%**	**Iron**	**11%**
Protein 4 g				Sugars 83 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Apples may be wrapped with dough and frozen for later use. To serve, make sauce and bake as directed but allow 15–20 minutes longer baking time.
- Sliced apples, frozen or fresh, may be used in place of whole apples. Cut pastry into 6-inch squares. Place No. 10 dipper of fruit in the center and sprinkle with sugar-cinnamon mixture. Fold corners of pastry to the center and on top of fruit and seal edges together. Bake as directed for Apple Dumplings.

APPLESAUCE

Yield: 50 portions *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Apples, tart	15 lb (AP)	Wash, peel, and core apples. Cut into quarters.
Water	1 qt	Add water to apples. Cook slowly until soft.
Sugar, granulated	3 lb	Add sugar and stir until dissolved. Serve with No. 10 dipper (rounded).

Approximate nutritive values per portion **Calories** 185

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 48 g	16%	**Vitamin A**	0%	**Calcium**	1%
Sat. Fat 0 g	0%	**Sodium** 2 mg	0%	Fiber 3 g	12%	**Vitamin C**	12%	**Iron**	1%
Protein 0 g				Sugars 45 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Thin slices of lemon, lemon juice, or 1 tsp cinnamon may be added.
- Peaches or pears may be substituted for apples.
- Apples may be cooked unpeeled.
- Amount of sugar will vary with tartness of apples.

Variation

- **Apple Compote.** Combine sugar and water and heat to boiling point. Add apples and cook until transparent.

FRUIT COBBLER

Yield: 64 portions or 2 pans 12 × 20 × 2 inches *Portion:* 3 × 2½ inches
Oven: 425°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Fruit, frozen	10 lb	Drain fruit. Reserve juice.
Juice drained from fruit, plus water to make total amount needed	2 qt	Heat juice and water to boiling point.
Sugar, granulated	1–2 lb (see Table 5.3, p. 230)	Mix sugar, cornstarch, salt, and seasonings, if any.
Cornstarch	6 oz	
Seasonings	See Table 5.3, p. 230	
Water, cold	2 cups	Add cold water to dry ingredients and stir until smooth. Add to hot juice while stirring briskly with a wire whip. Cook until thickened.
		Add cooked, drained fruit to thickened juice. Mix carefully to prevent breaking or mashing fruit. Cool. Pour into two 12 × 20 × 2-inch baking pans, 9 lb 6 oz per pan.
Pastry (p. 223) or Biscuit Topping for Fruit Cobbler (p. 263)	3 lb	Roll pastry or topping to fit pans. Place on top of fruit. Seal edges to sides of pan. Perforate top. Bake at 425°F for 30 minutes or until top is browned. Cut 4 × 8.

Approximate nutritive values per portion **Calories** 193

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**13%**	**Cholest.** 2 mg	**1%**	**Total Carb.** 30 g	**10%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 2 g	**11%**	**Sodium** 144 mg	**6%**	Fiber 2 g	**7%**	**Vitamin C**	**0%**	**Iron**	**3%**
Protein 1 g				Sugars 10 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Use cherries, berries, peaches, apricots, apples, plums, or other fruits.
- The amount of sugar will vary with the tartness of the fruit.
- For canned fruit, see p. 228.

Variations

- **Fruit Slices.** Use 2 lb 12 oz pastry. Line an 18 × 26 × 2-inch baking pan with 1 lb 8 oz of the pastry. Add fruit filling prepared as for cobbler. Moisten edges of dough and cover with crust made of remaining pastry. Trim and seal edges and perforate top. Bake at 400°F for 1–1¼ hours.
- **Peach Cobbler with Hard Sauce.** Use 10 lb frozen sliced peaches, thawed, and mixed with 1 lb sugar, 1 tsp nutmeg, 4 oz flour, and 6 oz margarine, melted. Top with pastry crust and bake. Serve warm with Hard Sauce (p. 586) or ice cream.

BISCUIT TOPPING FOR FRUIT COBBLER

Yield: topping for two 12 × 20-inch pans or 64 portions

Ingredient	*Amount*	*Procedure*
Flour, all-purpose	1 lb 6 oz	Blend dry ingredients in mixer bowl.
Baking powder	1 oz	
Salt	1 tsp	
Sugar, granulated	3 oz	
Nonfat dry milk	2 tsp	
Shortening	8 oz	Cut shortening into dry ingredients on low speed until it appears as coarse as cornmeal.
Eggs	2 (4 oz)	Beat eggs. Add water and blend.
Water	1¼ cups	Add to flour-shortening mixture. Blend on low speed until a soft dough is formed.
		Scale 1 lb 8 oz dough per pan. Roll to fit 12 × 20-inch pan. Roll onto rolling pin. Place over filling in pan, allowing dough to extend up edge of pan, about 1 inch all around (to allow for shrinkage). Cut several slits in dough.
Milk	¼ cup	Brush top of each pan with 2 Tbsp milk and 2 Tbsp sugar.
Sugar, granulated	2 oz	

Approximate nutritive values per portion **Calories** 79

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	**6%**	**Cholest.** 8 mg	**3%**	**Total Carb.** 10 g	**3%**	**Vitamin A**	**0%**	**Calcium**	**3%**
Sat. Fat 1 g	**5%**	**Sodium** 81 mg	**3%**	Fiber 0.3 g	**1%**	**Vitamin C**	**0%**	**Iron**	**2%**
Protein 1 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

OLD-FASHIONED STRAWBERRY SHORTCAKE

Yield: 50 individual shortcakes *Portion:* 1 shortcake + ¾ cup (6 oz) strawberries
Oven: 375°F *Bake:* 15 minutes

Ingredient	*Amount*	*Procedure*
Strawberries, fresh	9 qt	Wash, drain, and stem strawberries.
Sugar, granulated	2 lb (variable)	Slice and sweeten. Adjust sugar according to sweetness of berries.
Flour, all-purpose	4 lb	Mix dry ingredients in mixer bowl.
Baking powder	5 oz	
Salt	1 Tbsp	
Sugar	1 lb 5 oz	
Margarine or butter	2 lb	Cut margarine into dry ingredients, using pastry blender or flat beater. Mixture should have coarse, mealy consistency.
Milk	1½ qt	Stir milk quickly into flour mixture. Mix just enough to moisten.
		Portion dough with No. 20 dipper onto ungreased baking sheets. Place about 2 inches apart to allow for spreading. Bake at 375°F for 12–15 minutes or until golden brown.
Cream, half-and-half, or whipping	1½ qt (3 qt if whipped)	To serve, dip ¾ cup (6 oz) strawberries over shortcake. Serve with cream or top with whipped cream.

Approximate nutritive values per portion **Calories** 470

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 20 g	**30%**	**Cholest.** 15 mg	**5%**	**Total Carb.** 69 g	**23%**	**Vitamin A**	**10%**	**Calcium**	**27%**
Sat. Fat 6 g	**28%**	**Sodium** 611 mg	**25%**	Fiber 3 g	**12%**	**Vitamin C**	**102%**	**Iron**	**11%**
Protein 6 g				Sugars 37 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- For frozen strawberries, use 12 lb. Portion ½ cup over shortcake.

FRUIT AND CHEESE DESSERT

Yield: 50 portions *Portion:* 2⅓–3 oz

Ingredient	*Amount*	*Procedure*
Fruit—choose from: Apples cut in wedges Bananas, cut in chunks Kiwi fruit, cut in wedges Pears, quartered Pineapple spears Strawberries	5–6 lb	Select fruit in season that offers contrast in color and texture. Arrange attractively on a platter or tray.
Dessert cheese—choose from: Blue Brie Camembert Gruyère Port du Salut	3–4 lb	Place cheese on the platter with the fruit or alongside. Cut cheese into serving pieces or provide knife or cheese server so guests may serve themselves. Garnish. Seasonal garnishes are appropriate.
Dessert crackers or wafers	2–2½ lb	Serve fruit and cheese with dessert crackers or wafers.

Approximate nutritive values per portion **Calories** 242

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**18%**	**Cholest.** 32 mg	**11%**	**Total Carb.** 26 g	**9%**	**Vitamin A**	**10%**	**Calcium**	**20%**
Sat. Fat 6 g	**30%**	**Sodium** 435 mg	**18%**	Fiber 5 g	**21%**	**Vitamin C**	**27%**	**Iron**	**6%**
Protein 11 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- See p. 713–715 for wine accompaniments.

CHAPTER 6

Eggs and Cheese

Eggs, cheese, and milk are basic ingredients in many quantity recipes, and their cookery requires carefully controlled temperatures and cooking times.

EGGS

Market Forms

Fresh Eggs

The quality of an egg is indicated by grade and is not related to size. Federal quality standards, determined by both interior and exterior quality, classify fresh shell eggs as AA, A, and B. Grades AA and A are best for poaching, frying, and cooking in the shell because the yolks are firm, round, and high, and the thick white stands high around the yolk.

Eggs are classified also according to size and are available as jumbo (30 oz per doz), extra large (27 oz per doz), large (24 oz per doz), medium (21 oz per doz), and small (18 oz per doz). Recipes in this book were tested using large eggs. Substituting smaller or larger eggs in recipes where exact proportions are important will require some calculation based on weights. Table 1.3 gives additional information on weights for whole eggs, whites, and yolks.

Eggs are susceptible to bacterial growth, so proper storage, handling, and cooking are important in maintaining quality. Fresh eggs deteriorate rapidly at room temperature and should be refrigerated at 410°F or below. If kept under proper refrigeration they will retain their quality for 3 weeks. Eggs should be kept in their case to prevent loss of moisture and should be stored away from foods with strong odors.

Processed Eggs

Although fresh shell eggs are used extensively for table service, processed eggs are convenient to use in many food products and eliminate the time-consuming task of breaking eggs. Whole eggs, whites, yolks, and various blends are available in liquid, frozen, and dried forms. All egg products must be processed in sanitary facilities under USDA supervision and bear the USDA inspection mark. They must be pasteurized and are routinely analyzed for salmonella contamination. Processed eggs may be contaminated easily and care must be taken to handle them properly.

Frozen Eggs. Eggs may be purchased frozen whole or in the form of whites or yolks, and they are available in containers of various sizes. High-quality eggs are used for frozen eggs, and they are suitable for omelets, scrambled eggs, and French toast, as well as for baking.

Frozen egg products should be transferred to refrigerators or freezers immediately upon delivery. Store frozen eggs at 0°F or below, and when defrosting, leave in the refrigerator. Never thaw at room temperature. If 30-lb cans are used, they require 2–3 days to defrost in the refrigerator. Use defrosted eggs promptly. Refrigerate any unused portion and use within 1–3 days.

Dried Eggs. Dried eggs are used less frequently than frozen and fresh eggs and are used primarily for baking. They should be stored in a cool, dry place where the temperature does not exceed 50°F, preferably in the refrigerator. After opening a package, any unused portion should be refrigerated in a container with a close-fitting lid.

Reconstitute only the amount that will be used immediately. Dried eggs may be blended with water; more often they are combined with other dry ingredients in the recipe and the amount of water needed to reconstitute is added. Reconstituted eggs should be used immediately or refrigerated promptly in an airtight container and used within an hour.

See Table 1.3 for substituting processed for shell eggs.

Egg Cookery

Important rules in egg cooking are to use low temperatures and short cooking times. Eggs should be cooked until the white is completely coagulated (set) and the yolk begins to thicken. It is not necessary to cook eggs until hard or rubbery to kill bacteria that may be present. Egg white coagulates between 140°F and 149°F. Whole eggs cooked until the white is set (completely coagulated and firm) and the yoke is beginning to thicken (no longer runny but not hard) are considered to have met necessary time and temperature requirements for safety.

Poached, soft- or hard-cooked, and scrambled eggs should be prepared as close to service as possible by batch cooking or cooking to order. If eggs must be held on a hot counter, they should be undercooked slightly to compensate for the additional heating that will occur. Directions for cooking eggs are given beginning on p. 271.

CHEESE AND MILK

Cheese Cookery

Cheese used in cooking should be appropriate in flavor and texture to the item being prepared and should blend well with other ingredients. Aged natural cheese or processed cheese blends more readily than green or unripened cheese. Processed cheese is a blend of fresh and aged natural cheeses that have been melted, pasteurized, and mixed with an emulsifier. It has no rind or waste, is easy to slice, and melts readily. During processing, however, it loses some of the characteristic flavor of natural cheese. For this reason, a natural cheese with a more pronounced flavor may be preferred for cheese sauce and as an addition to other cooked foods where a distinctive cheese flavor is desired.

Cheese to be combined with other ingredients usually is ground, shredded, or diced to expedite melting and blending. Cheese melts in a 300°–325°F oven, so baked dishes containing cheese should be cooked at a temperature no higher than 350°F. Excessive temperature and prolonged cooking cause cheese to toughen and become stringy and the fat to separate. When making cheese sauce, the cheese should be added after the white sauce is completely cooked and the mixture heated only enough to melt the cheese. When cheese is used as a topping, a thin layer of buttered bread crumbs will protect it from the heat and from becoming stringy.

Because it is available in many forms, cheddar cheese is commonly used in quantity food preparation and ranges in flavor from mild to very sharp. Cheese may be used for appetizers, sandwiches, and salads, or with crackers and fruit for dessert (see p. 265 for dessert suggestions). Table 6.1 lists some of the most common cheeses.

Milk Cookery

Milk should be heated or cooked at a low temperature. At high temperatures the protein in milk coagulates, leaving a film on the surface and a coating on the sides of the kettle. This coating tends to scorch when milk is heated over direct heat. To prevent formation of this coating, milk should be heated over water, in a steamer, or in a steam-jacketed kettle. Whipping the milk to form a foam or tightly covering the pan and heating the milk to below boiling temperature help to prevent formation of a surface film.

Curdling may be caused by holding the milk at high temperature or by adding foods containing acids and tannins. For example, the tannins in potatoes often cause curdling of the milk used in scalloped potatoes. Milk in combination with ham or certain vegetables, such as asparagus, green beans, carrots, peas, or tomatoes, may curdle. Curdling may be lessened by limiting the salt used, adding the milk in the form of a white sauce, keeping the temperature below boiling, and shortening the cooking time. Danger of curdling in tomato soup may be lessened by adding the tomato to the milk, by having both milk and tomato hot when they are combined, or by thickening the milk or tomato juice before they are combined.

Dry milk is substituted often for fluid milk in quantity cooking, because dry milk is comparatively lower in cost and easy to handle and store. It is available as whole milk, nonfat milk, and buttermilk. Nonfat dry milk is pure, fresh milk from which the fat and water have been removed. It has better keeping qualities than dry whole milk, although both should be kept dry and cool. Once reconstituted, dry milk should be refrigerated.

When dry milk is used in recipes that contain a large proportion of dry ingredients, such as bread, biscuits, and cakes, the only change in method would be to mix the unsifted dry milk with the other dry ingredients and use water in place of fluid milk. For best

TABLE 6.1 Guide to natural cheeses

Type	*Fat grams per ounce (approx.)*	*Characteristics*	*Mode of serving*
American	9	Mild flavor; semisoft to soft; smooth, plastic body; processed	In sandwiches, on crackers
Asiago		Sharp, semisoft to hard	Sliced with fruit, grated in pasta, soups, sauces
Bel Paese		Mild to moderately robust flavor; soft; smooth waxy body	On crackers, with fruit, in sandwiches; as such (dessert)
Blue (bleu)	8	Tangy, piquant flavor; semisoft, pasty sometimes crumbly texture; white interior marbled or streaked with blue veins of mold; resembles Roquefort	In dips, salad dressings, and cooked foods; as such (dessert)
Boursin		Mild; smooth; creamy; often flavored with herbs, garlic, peppers	Breakfast; with fruit; filling for baked chicken breasts
Brick	8	Mild to moderately sharp flavor; semisoft to medium firm, elastic texture, creamy white to yellow interior; brownish exterior; slices well without crumbling	In salads and sandwiches; as such (dessert)
Brie	8	Mild to pungent flavor; soft, smooth texture; creamy yellow interior; edible thin brown and white crust	As such (dessert)
Camembert		Distinctive mild to tangy flavor; smooth texture, almost fluid when fully ripened; creamy yellow interior; edible thin white or gray-white crust	As such (dessert)
Cheddar	9	Mild to very sharp flavor; hard, smooth, firm body; can be crumbly; light cream to orange	As such; in sandwiches, cooked foods
Colby	9	Mild to mellow flavor, similar to cheddar; softer body and more open texture than cheddar; light cream to orange	As such; in sandwiches, cooked foods
Cottage	5 (creamed)	Mild, slightly acid flavor; soft, open texture with tender curds of varying size; white to creamy white	As such; in salads, dips, cooked foods
Cream	10	Delicate, slightly acid flavor; soft, smooth texture; white	As such; in salads, in sandwiches, in dips, on crackers, on sweet breads
Edam	7	Mellow, nutlike, sometimes salty flavor; rather firm, rubbery texture, creamy yellow or medium yellow-orange interior; surface coated with red wax; usually shaped like a flattened ball	As such; on crackers, with fresh fruit
Feta	6	Salty; soft, flaky, similar to very dry, high-acid cottage cheese; white	As such; in cooked foods; in salads
Fontina		Mild, creamy, nutty	With fruits; in sauces, soups
Gorgonzola		Sharp; creamy; like Blue	As such; in salads; with fruits
Gouda	7	Mellow, nutlike flavor, similar to Edam; smooth texture, often containing small holes; creamy yellow or medium yellow-orange interior; usually has a red wax coating; usually shaped like a flattened ball	As such, on crackers, with fresh fruit, in cooked dishes

Continues

TABLE 6.1 *continued*

Type	*Fat grams per ounce (approx.)*	*Characteristics*	*Mode of serving*
Gruyère		Nutlike, salty flavor, similar to Swiss but sharper; firm, smooth texture with small holes or eyes; light yellow	As such (dessert); fondue
Havarti		Pale yellow; many small holes; mild; creamy; often flavored with herbs	As such; sandwiches
Jarlsberg		Mild and firm, similar to Swiss	In sauces; with crackers, fruit
Mascarpone		Very mild; sweet; extremely smooth and creamy; pale ivory color	Sweet and savory sauces; as a spread on bread; with fresh fruit
Monterey Jack	9	Very mild flavor; semisoft (whole mild), hard (lowfat or skim milk); smooth texture with small opening throughout; creamy white	As such; in sandwiches; grating cheese if made from lowfat or skim milk
Mozzarella	5 (part skim)	Delicate, mild flavor; semisoft, plastic texture; creamy white	As such; used in cooking, on pizza
Muenster	9	Mild to mellow flavor; semisoft; smooth, waxy body, numerous small mechanical openings; yellow, tan, or white surface; creamy white interior	As such; in sandwiches
Neufchâtel (reduced-fat cream cheese)	7	Soft, smooth, creamy	As such; in sandwiches, dips, salads
Parmesan	7	Sharp, distinctive flavor; very hard, granular texture; yellowish white	Grated on salads, in soups and pasta dishes
Port du Salut		Mellow to robust flavor similar to Gouda; semisoft, smooth elastic texture; creamy white or yellow	As such (dessert); with fresh fruit; on crackers
Provolone	8	Bland, acid flavor to sharp and piquant; hard, stringy texture; slices without crumbling; plastic	As such (dessert) after it has ripened for 6–9 months; in sandwiches
Ricotta	10 (part skim)	Bland but semisweet; soft, moist, and grainy or dry; similar to cottage cheese but dry	As such; in cooked foods
Romano		Very sharp, piquant flavor; very hard, brittle, granular texture; yellowish white interior	Grated on salads, soups, pasta, pizza
Roquefort		Sharp, peppery, piquant flavor; semisoft pasty, sometimes crumbly texture; white interior streaked with blue-green veins of mold. See Blue.	As such (dessert); in salads, salad dressings; on crackers
Stilton		White or pale yellow with blue veins; pungent, rich, tangy	As such (dessert); with crackers, fruit, port
Swiss, Emmentaler (firm)	8	Mild, sweet, nutlike flavor; hard, smooth with large gas holes or eyes; pale yellow	As such; in sandwiches, with salads; fondue

Based on information from the National Dairy Council, Rosemont, IL.

results, dry milk should be weighed, not measured. Package directions for reconstituting dry milk solids should be followed. A general guide is to use 3.5 ounces, by weight, of instant or regular spray process nonfat dry milk plus 3¾ cups water to make 1 quart liquid milk; or 1 pound plus 3¾ quarts water to make 1 gallon. The same proportion is used for dry buttermilk. For some foods, additional fat (1.2 oz per quart of liquid) should be added. Additional amounts of nonfat dry milk may be added to some foods to supplement their nutritional value, although excessive amounts that affect palatability should not be used.

EGG AND CHEESE RECIPES

PROCEDURE FOR COOKING EGGS

Method	*Equipment and procedure*
Hard or Soft Cooked (in Shell)	**Kettle:** 1. Place eggs in wire baskets and lower into kettle of boiling water. Simmer (do not boil), timing as follows: *Soft cooked* 5–7 minutes; *Hard cooked* 10–15 minutes 2. Immerse hard-cooked eggs in cold water or serve immediately. Serve soft-cooked eggs immediately after cooking. **Steamer:** 1. Place eggs in perforated counter pans, 3 doz per 12 × 20 × 2-inch pan. 2. Place in steamer and time as follows: *Pressure* / *Soft cooked* / *Hard cooked* 5 lb / 5–7 minutes / 8–10 minutes 15 lb / 4–6 minutes / 7–9 minutes 0 lb / 6–8 minutes / 9–10 minutes 3. Immerse in cold water or serve immediately.
Hard Cooked (out of Shell)	**Steamer:** 1. Crack eggs into a 12 × 20 × 2-inch solid, greased counter pan. Eggs should be thick enough in pans so whites come up to level of yolks (4 doz per pan). 2. Place in steamer and time as follows: *Pressure* / *Hard cooked* 5 lb / 6–8 minutes 15 lb / 5–7 minutes 0 lb / 6–8 minutes 3. Remove from steamer and drain off any accumulated condensate. Chop and cool quickly (within 4 hours) to below 41°F.
Poached	**Fry pan or kettle:** 1. Break eggs into individual dishes. Carefully slide eggs into simmering water in fry pan or other shallow pan. The addition of 1 Tbsp salt or 2 tsp vinegar to the water increases the speed of coagulation and helps maintain shape. 2. Keep water at simmering (not boiling) temperature. Cook 5 minutes. 3. Remove eggs with slotted spoon. **Steamer:** 1. Break eggs into water in 12 × 10 × 2-inch counter pans. 2. Place eggs into steamer and time as follows: *Pressure* / *Soft poached* 5 lb / 3–4 minutes 15 lb / 2–3 minutes 0 lb / 3–5 minutes 3. To serve, lift out of water into a warmed pan.
Fried	**Skillet or griddle:** 1. Break eggs into individual dishes. Slide carefully into hot fat in skillet or on griddle. 2. Cook over low heat until of desired hardness, 5–7 minutes: *Sunnyside:* 7 minutes at a cooking surface temperature of 250°F. *Over easy:* 3 minutes at a cooking surface temperature of 250°F on one side, then turn the egg and fry for another 2 minutes on the other side.
Scrambled	See recipe, p. 272

Continues

Notes

- Hard-cooked eggs will peel easier if the raw eggs have been held in the refrigerator for 24 hours before cooking. A greenish color may appear on the yolks of hard-cooked eggs when the eggs have been overcooked or allowed to cool slowly in the cooking water. Cooking the eggs for the minimum length of time required to make them solid and cooling them in cold running water or ice water help to prevent this color formation.
- Cook scrambled eggs in small batches (no larger than 3 quarts) until no visible liquid egg remains. Do not combine raw egg mixture with cooked scrambled eggs. Keep scrambled egg mixture below 41°F.
- Do not combine eggs that have been held in a steam table pan with a fresh batch of eggs. Always use a fresh steam table pan.
- The practice of breaking large quantities of eggs together and holding for a period of time greatly increases the risk of bacterial contamination.
- Never leave eggs or egg-containing products at temperatures between 40°F and 140°F (room temperature) for more than 1 hour (including preparation and service).
- Hold cold egg dishes below 41°F.
- Hold hot egg dishes above 140°F. Do not hold hot foods on buffet line for longer than 30 minutes.
- When refrigerating a large quantity of a hot egg-rich dish or leftover, divide into several shallow containers so it will cool quickly. See p. 44 for recommended cooling procedures.

SCRAMBLED EGGS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Eggs (see Notes)	75 (8 lb 3 oz)	Break eggs into mixer bowl. If using frozen eggs, defrost. Beat slightly on medium speed, using wire whip attachment.
Milk Salt	1½ qt 2 Tbsp	Add milk and salt to eggs. Beat until blended. Refrigerate mixture, removing small amounts as needed.
Margarine	8 oz	Melt margarine in fry pan, griddle, or steam-jacketed kettle. Pour in egg mixture (see Notes). Cook over low heat, stirring occasionally, until of desired consistency. Eggs should be glossy and 165°F. Serve with No. 10 dipper.

Approximate nutritive values per portion **Calories** 162

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g Sat. Fat 4 g **Protein** 10 g	**19%** **18%**	**Cholest.** 320 mg **Sodium** 407 mg	**107%** **17%**	**Total Carb.** 2 g Fiber 0 g Sugars 1 g	**1%** **0%**	**Vitamin A** **Vitamin C**	**16%** **0%**	**Calcium** **Iron**	**7%** **6%**

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Hold uncooked mixture below 41°F and cooked eggs above 140°F.
- Breaking and pooling large quantities of shell eggs is not recommended.
- Recommend using pasteurized eggs when scrambled egg mixture must be held longer than 2 hours.
- The type of equipment used will determine batch size. Eggs should be cooked in small batches and held for a minimum amount of time before serving.
- **Steamer method.** Melt 4 oz margarine in each of two steamer or counter pans. Pour egg mixture into pans. Steam for 6–8 minutes at 5 lb pressure until desired degree of hardness is reached.

- **Oven method.** Melt 4 oz margarine in each of two counter or baking pans. Pour egg mixture into pans. Bake approximately 20 minutes at 350°F, stirring once after 10 minutes of baking.
- For lower cholesterol, egg whites may be substituted for half of the whole eggs.

Variations

- **Scrambled Eggs and Cheese.** Add 1 lb grated cheddar cheese.
- **Scrambled Eggs and Chipped Beef.** Add 1 lb chopped chipped beef. Reduce salt to 1 Tbsp or less.
- **Scrambled Eggs and Ham.** Add 1 lb 4 oz chopped cooked ham. Reduce salt to 1 Tbsp or less.

CREAMED EGGS

Yield: 50 portion *Portion:* 5 oz

Ingredient	*Amount*	*Procedure*
Eggs, hard cooked (p. 271)	75	Peel eggs. Set aside for later step. Refrigerate if not using immediately.
Margarine Flour, all-purpose Salt Pepper, white	1 lb 8oz 1 oz (1½ Tbsp) ¼ tsp	Melt margarine. Add flour, salt, and pepper. Stir until smooth. Cook for 5 minutes.
Milk	1 gal	Add milk gradually, stirring constantly with wire whip. Cook until thickened.
		Slice or quarter hard-cooked eggs. Refrigerate if not using immediately. When ready to serve, pour hot sauce over eggs. Mix carefully. Reheat if necessary to 165°F.

Approximate nutritive values per portion **Calories** 242

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 17 g	**27%**	**Cholest.** 330 mg	**110%**	**Total Carb.** 8 g	**3%**	**Vitamin A**	**19%**	**Calcium**	**13%**
Sat. Fat 5 g	**27%**	**Sodium** 410 mg	**17%**	Fiber 0 g	**0%**	**Vitamin C**	**1%**	**Iron**	**7%**
Protein 13 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variations

- **Curried Eggs.** Substitute chicken broth for 2 qt of the milk. Add 2 Tbsp curry powder. May be served with steamed rice or chow mein noodles.
- **Eggs à la King.** Substitute Chicken Stock for 2 qt of the milk. Add 1 lb mushrooms that have been sautéed, 12 oz chopped green peppers, and 8 oz chopped pimiento.
- **Goldenrod Eggs.** Mash or rice egg yolks. Add sliced whites to sauce. Serve on toast. Sprinkle mashed yolks over the top.
- **Scotch Woodcock.** Add 1 lb sharp Cheddar cheese to sauce. Cut eggs in half lengthwise and place in pans. Pour sauce over eggs. Cover with buttered crumbs. Bake until heated through and crumbs are brown.

BAKED OMELET

Yield: 48 portions or 2 pans 12 × 20 × 2 inches *Portion:* 3 oz
Oven: 325°F *Bake:* 45 minutes

Ingredient	*Amount*	*Procedure*
Margarine Flour, all-purpose Salt Pepper, white	12 oz 8 oz 2 Tbsp ½ tsp	Melt margarine. Add flour and seasonings. Stir until smooth. Cook 5 minutes.
Milk	3 qt	Add milk gradually, stirring constantly with a wire whip. Cook until thick.
Egg yolks, beaten	24 (15 oz)	Add egg yolks and mix well with wire whip.
Egg whites	24 (1 lb 12 oz)	Beat egg whites until they form rounded peaks. Fold into egg yolk mixture.
		Pour mixture into two greased 12 × 20 × 2-inch baking pans, 5 lb per pan. Set pans in counter pans with 3 cups of hot water in each. Bake at 325°F for approximately 45 minutes or until set, 180°F internal end-point temperature. Cut 4 × 6.

Approximate nutritive values per portion **Calories** 146

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g Sat. Fat 3 g **Protein** 6 g	**16%** **16%**	**Cholest.** 122 mg **Sodium** 394 mg	**41%** **16%**	**Total Carb.** 7 g Fiber 0 g Sugars 3 g	**2%** **0%**	**Vitamin A** **Vitamin C**	**21%** **0%**	**Calcium** **Iron**	**9%** **3%**

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. Hold at internal temperature above 140°F.

Variations

- **Bacon Omelet.** Fry 1 lb 8 oz diced bacon; substitute bacon fat for margarine in white sauce. Add diced bacon to egg mixture.
- **Cheese Omelet.** Add 12 oz grated cheese before placing pans in ovens.
- **Cheese and Bacon Omelet.** Combine 8 lb eggs, 1 Tbsp (¾ oz) salt, and 1 Tbsp white pepper and mix on low speed just until blended. Portion with No. 12 dipper onto lightly greased preheated grill. Cook until set. Portion 1 oz shredded processed cheese and ½ oz cooked crumbled bacon over each omelet. Fold omelet with spatula. Place in 12 × 20 × 2-inch pans. Cover and keep hot. Prepare 3 lb cheese and 1 lb 8 oz bacon for 50 omelets.
- **Grilled Cheese Omelet.** Combine 11 lb eggs, 1½ Tbsp (1 oz) salt, and 1 Tbsp white pepper and mix on low speed just until blended. Portion with No. 8 dipper onto lightly greased preheated grill. As omelet begins to set, portion 1½ oz shredded processed cheese over each (4 lb 8 oz for 50 omelets). Fold omelet with spatula and place in 12 × 20 × 2-inch pans. Cover and keep hot.
- **Ham Omelet.** Add 3 lb finely diced cooked ham. Reduce salt to 1 Tbsp or less.
- **Jelly Omelet.** Spread 1 lb tart jelly over cooked omelet.
- **Mushroom and Cheese Omelet.** Add 8 oz grated cheese and 6 oz sliced mushrooms.
- **Spanish Omelet.** Add 8 oz chopped green chilies to egg mixture. Serve with Spanish Sauce (p. 574).

POTATO OMELET

Yield: 56 portions or 2 pans 12 × 20 × 2 inches *Portion:* 6 oz
Oven: 325°F *Bake:* 1 hour

Ingredient	*Amount*	*Procedure*
Bacon slices	50	Arrange bacon, slightly overlapping, in baking pans. Cook in oven at 400°F until crisp. Remove from pans. Place on paper towels to absorb fat.
Potatoes, cooked, diced	9 lb (EP)	Brown potatoes slightly in bacon fat. Remove to two greased 12 × 20 × 2-inch baking pans, 4 lb 8 oz per pan.
Eggs, beaten Salt Pepper, white Pepper, cayenne Milk, hot	36 (3 lb 15 oz) 2 oz 1 tsp few grains 3 qt	Combine eggs, milk, and seasonings. Pour over potatoes.
		Bake at 325°F for approximately 1 hour, or until set, 180°F internal end-point temperature. Serve as soon as removed from oven. Cut 4 × 7. Place a slice of crisp bacon on top of each serving.

Approximate nutritive values per portion **Calories** 180

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**12%**	**Cholest.** 148 mg	**49%**	**Total Carb.** 19 g	**6%**	**Vitamin A**	**8%**	**Calcium**	**8%**
Sat. Fat 3 g	**15%**	**Sodium** 552 mg	**23%**	Fiber 2 g	**7%**	**Vitamin C**	**19%**	**Iron**	**4%**
Protein 9 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Hold at internal temperature above 140°F.
- 4 oz chopped green pepper and 4 oz chopped onion may be added.

Variation

- **Potato-Ham Omelet.** Omit bacon. Add 4 lb diced cooked ham to potatoes. Reduce salt to 1 Tbsp.

CHINESE OMELET

Yield: 48 portions or 2 pans 12 × 20 × 2 inches *Portion:* 4 oz
Oven: 325°F *Bake:* 45 minutes

Ingredient	*Amount*	*Procedure*
Rice, long-grain	2 lb (AP)	Cook rice according to directions on p. 399.
Water	2½ qt	
Salt	1 Tbsp	
Margarine or vegetable oil	1 Tbsp	
Margarine	4 oz	Melt margarine. Add flour and salt. Stir until smooth.
Flour, all-purpose	2 oz	Cook 5 minutes.
Salt	1 tsp	
Milk	1 qt	Add milk gradually, stirring constantly with wire whip. Cook until thickened.
Cheddar cheese, sharp, shredded	1 lb	Add cheese to white sauce. Stir until cheese is melted.
Egg yolks	24 (15 oz)	Beat egg yolks until light and fluffy. Add seasonings.
Mustard, dry	1 tsp	Add to cheese sauce. Stir until smooth.
Salt	2 Tbsp	Add rice and mix to blend
Paprika	1 tsp	
Egg whites	24 (1 lb 12 oz)	Beat egg whites until they form soft peaks. Fold into rice mixture.
		Pour into two greased 12 × 20 × 2-inch pans, 7 lb per pan.
		Bake at 325°F for approximately 45 minutes or until set, 180°F internal end-point temperature.
		Cut 4 × 6.
		Serve with Cheese Sauce (p. 561), Italian Tomato Sauce (p. 573), or Mushroom Sauce (p. 566).

Approximate nutritive values per portion **Calories** 185

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**14%**	**Cholest.** 126 mg	**42%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**21%**	**Calcium**	**12%**
Sat. Fat 4 g	**19%**	**Sodium** 614 mg	**26%**	Fiber 0.4 g	**1%**	**Vitamin C**	**0%**	**Iron**	**6%**
Protein 8 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

EGG AND SAUSAGE BAKE

Yield: 48 portions or 2 pans 12 × 20 × 2 inches *Portion:* 6 oz
Oven: 325°F *Bake:* 1 hour

Ingredient	*Amount*	*Procedure*
Bread, sliced	2 lb 8 oz	Cut bread in cubes. Cover bottoms of two greased 12 × 20 × 2-inch baking pans with bread cubes. Pans should be well covered.
Sausage, bulk	9 lb	Brown sausage. Drain well.
Cheddar cheese, shredded	2 lb 8 oz	Spread cheese and sausage over bread cubes.
Eggs, beaten Milk Mustard, dry	42 (4 lb 8 oz) 3 qt 1½ Tbsp	Combine eggs, milk, and mustard. Pour over mixture in pans, 2½ qt per pan. May be mixed, covered, and refrigerated overnight.
		Bake uncovered at 325°F for approximately 1 hour or until set, 180°F internal end-point temperature. If browning too fast, cover with foil. Cut 4 × 6.

Approximate nutritive values per portion **Calories** 568

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 42 g	**64%**	**Cholest.** 286 mg	**95%**	**Total Carb.** 15 g	**5%**	**Vitamin A**	**17%**	**Calcium**	**30%**
Sat. Fat 17 g	**84%**	**Sodium** 1483 mg	**62%**	Fiber 3 g	**11%**	**Vitamin C**	**3%**	**Iron**	**14%**
Protein 32 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Chopped ham or bacon may be substituted for sausage.

Variations

- **Sausage-Potato Bake.** Substitute frozen hashed brown potatoes for bread cubes.
- **Egg-Potato Bake.** Delete sausage. Substitute frozen hashed brown potatoes for bread cubes.

ROASTED PEPPER AND BASIL FRITTATA

Yield: 48 portions *Portion:* 4½ oz (1 wedge)
Oven: 350°F *Bake:* 17–20 minutes

Ingredient	*Amount*	*Procedure*
Onions, thinly sliced	12 lb (EP)	Using a covered pan, fry onions in oil on low heat, 200°F, until reduced in bulk.
Olive oil	2½ cups	Uncover and continue cooking on very low heat until onions are browned and dry (12 lb fresh sliced onions will yield approximately 4 lb after cooking).
Roasted Red Bell Peppers, diced (p. 278) (see Notes)	1 lb (EP)	Stir peppers and salt into cooked onion.
Salt	1 oz	
Eggs	60 (6 lb 12 oz)	Break eggs into bowl. Beat until blended.
Parmesan cheese, shredded	6 oz	Add onion mixture, cheese, and pepper into eggs. Stir to mix.
Black pepper	2 tsp	
Fresh basil, torn into small pieces	4 oz	Add basil to egg mixture. Mix lightly.
Butter, melted	12 oz	Pour 2 oz butter into six 13-inch round pizza pans.
		Scale 2 lb 4 oz of egg mixture into each pan. (Stir often while scaling in pans to keep the vegetables evenly distributed.)
		Bake at 350°F for approximately 20 minutes or until eggs are set and top has some brown speckling beginning to occur.
		Cut into eight wedges.

Approximate nutritive values per portion **Calories** 250

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 19 g	**29%**	**Cholest.** 270 mg	**90%**	**Total Carb.** 11 g	**4%**	**Vitamin A**	**19%**	**Calcium**	**9%**
Sat. Fat 4 g	**21%**	**Sodium** 350 mg	**15%**	Fiber 2.3 g	**9%**	**Vitamin C**	**43%**	**Iron**	**7%**
Protein 10 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Use freshly shredded Parmesan cheese.
- Frozen roasted peppers may be substituted for freshly roasted peppers. When using frozen roasted peppers, place in a single layer on a baking sheet and heat in a 375°F oven until heated through (discard liquid that accumulates).
- 6 oz reconstituted sun-dried tomatoes can be substituted for 6 oz of the roasted red peppers.
- Frittata can be cooked in an ovenproof 10-inch sauté pan. Melt 2 Tbsp butter in pan. When butter begins to foam, pour 1 lb 3 oz of egg mixture into pan. Turn heat to very low and cook until eggs are set on the bottom and only slightly runny on the surface. Put pan under broiler until eggs become set but not browned. Cut into four wedges.

QUICHE

Yield: 48 portions or 12 8-inch quiches *Portion:* ¼ quiche
Oven: 375°F *Bake:* 25–30 minutes

Ingredient	*Amount*	*Procedure*
Flour, all-purpose	1 lb 13 oz	Make pastry according to directions on p. 223.
Salt	1 Tbsp	Line 12 8-inch pie pans with pastry, 5 oz per pan.
Shortening	1 lb 4 oz	Partially bake shells at 375°F for about 10 minutes.
Water, cold	1¼ cups	
Eggs	30 (3 lb 4 oz)	Beat eggs. Add cream, milk, and seasonings.
Cream or half-and-half	2 qt	
Milk	2 qt	
Salt	1½ tsp	
Pepper, white	½ tsp	
Swiss cheese, grated	3 lb	Sprinkle partially baked shells with Swiss cheese, 4 oz per pie, and bacon or ham, 2 oz per pie.
Bacon, chopped, cooked, and drained, or ham, finely diced	1 lb	Pour egg mixture into shells, 15 oz (approximately 2 cups) per pie.
Parmesan cheese, grated	8 oz	Sprinkle with Parmesan cheese, 2 Tbsp per pie.
		Bake until custard is set and lightly browned, 180°F internal end-point temperature.

Approximate nutritive values per portion **Calories** 473

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 35 g	**54%**	**Cholest.** 189 mg	**63%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**20%**	**Calcium**	**44%**
Sat. Fat 15 g	**76%**	**Sodium** 589 mg	**25%**	Fiber 0.5 g	**2%**	**Vitamin C**	**6%**	**Iron**	**8%**
Protein 21 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variations

- **Mushroom Quiche.** Delete bacon or ham and Parmesan cheese. Sprinkle 3 lb sliced fresh mushrooms and 8 oz fine chopped onions sautéed in 4 oz margarine over bottoms of shells, approximately 4 oz per pie.
- **Sausage Quiche.** Substitute 1 lb cooked, drained sausage (1 lb 12 oz AP) for bacon or ham.
- **Seafood Quiche.** In place of bacon, use 3 lb flaked crab meat, shrimp pieces, or other seafood, 1 lb sliced fresh mushrooms, and 12 oz finely chopped onions sautéed in 4 oz margarine. Scale approximately 5 oz per pie. Delete Parmesan cheese.
- **Swiss Spinach Quiche.** Delete bacon or ham and Parmesan cheese. Increase Swiss cheese to 6 lb. Add 3 lb 8 oz chopped spinach, well drained. Add 1 tsp nutmeg.

LEEK AND ROASTED PEPPER QUICHE

Yield: 50 portions or 10 9-inch quiches *Portion:* ⅕ quiche
Oven: 325°F *Bake:* 60 minutes

Ingredient	*Amount*	*Procedure*
Flour, all-purpose	3 lb	Make pastry according to directions (p. 223)
Shortening	2 lb	Line 10 9-inch pie shells.
Salt	1½ oz	
Water, cold	1½–1¾ cups	
Mushrooms, coarsely chopped	5 lb 4 oz (AP)	Sauté mushrooms in butter until softened and liquid has evaporated. Weight after sautéing should equal 2 lb.
Butter	8 oz	Reserve for later step.
Butter	8 oz	Sauté onions in butter until tender and slightly browned.
Onions, coarsely chopped	12 oz (EP)	Add leeks and continue cooking until wilted.
Leeks, thinly sliced	2 lb 12 oz (EP)	
Roasted Red Peppers, coarsely chopped (p. 278)	1 lb 4 oz	Add mushrooms reserved from earlier step and roasted peppers to sautéd onions. Scale 10 oz vegetable mixture in each quiche shell.
Swiss cheese, shredded	3 lb 12 oz	Toss cheese with flour.
Flour, all-purpose	4 oz	Sprinkle 6 oz cheese over vegetables in each pan.
Egg whites	12 oz	Whip egg whites until frothy. Add whole eggs and blend until just mixed.
Eggs, whole beaten slightly	2 lb 12 oz	
Milk	1¾ qt	Combine eggs, milk, and spices.
Pepper, white	¾ tsp	Scale 11 oz of egg-milk mixture over cheese in each pan (approximately 1½ cups).
Pepper, crushed red	¾ tsp	Set pans on 18 × 26 × 1-inch pan. Bake at 325°F until quiche reaches 180°F, about 1 hour.

Approximate nutritive values per portion **Calories** 550

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 40 g	**61%**	**Cholest.** 160 mg	**53%**	**Total Carb.** 32 g	**11%**	**Vitamin A**	**29%**	**Calcium**	**34%**
Sat. Fat 16 g	**82%**	**Sodium** 940 mg	**39%**	Fiber 2g	**8%**	**Vitamin C**	**47%**	**Iron**	**16%**
Protein 19g				Sugars 4g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Vegetable base can be substituted for chicken base. Adjust salt as necessary.

Variation

- **Vegetable Quiche.** Thaw 1 lb frozen broccoli cuts in a colander. Drain. Steam 1 lb finely chopped carrots. Drain. Mix vegetables together. Combine 4 lb 12 oz shredded processed Swiss cheese and 5½ oz flour. In each quiche shell, scale 8 oz cheese then 3 oz drained vegetables. Prepare the liquid by whipping 1 lb egg whites until frothy and mixing with 3 lb 12 oz slightly beaten whole eggs. Add 5 lb 10 oz milk, 1 tsp nutmeg, and 2 tsp white pepper. Proceed as for Leek and Roasted Vegetable Quiche.

DEVILED EGGS

Yield: 50 portions *Portion:* 2 halves

Ingredient	*Amount*	*Procedure*
Eggs, hard cooked (p. 271)	50	Peel eggs. Cut in half lengthwise. Remove yolks to mixer bowl. Arrange whites in rows on a tray.
Milk	½ cup	Mash yolks, using flat beater. Add milk and mix until blended.
Mayonnaise or salad dressing	1½ cups	Add remaining ingredients to yolks and mix until smooth. Refill whites with mashed yolks, approximately 1½ Tbsp for each half egg white. Sprinkle with paprika (optional). Chill quickly (within 4 hours) to below 41° F.
Salt	1 Tbsp	
Dry mustard	2 tsp	
Sugar, granulated	1 tsp	
Vinegar, cider	½ cup	

Approximate nutritive values per portion **Calories** 105

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**12%**	**Cholest.** 215 mg	**72%**	**Total Carb.** 3 g	**1%**	**Vitamin A**	**10%**	**Calcium**	**3%**
Sat. Fat 2 g	**10%**	**Sodium** 242 mg	**10%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**4%**
Protein 6 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at an internal temperature below 41°F. See p. 44 for recommended cooling procedures.
- Pastry bag may be used to fill egg whites. Yolk mixture should be smooth and creamy. Use plain or rose tip.
- 6 oz finely chopped pimientos may be added to yolk mixture.

Variations

- **Dilled Eggs.** Combine 1¾ qt vinegar, 1¼ qt water, 1 Tbsp dill weed, 1 tsp white pepper, 1 oz (1½ Tbsp) salt, ¼ tsp dry mustard, 1 Tbsp onion juice, and 3 cloves garlic. Pour over peeled, hard cooked eggs. Cover tightly and refrigerate overnight.
- **Hot Stuffed Eggs.** Proceed as for Deviled Eggs. To mash egg yolks, add 3 oz melted margarine or butter, 2 tsp salt, ⅛ tsp cayenne pepper, 1 Tbsp prepared mustard, 1 lb ham, minced. Arrange stuffed eggs in two 12 × 20 × 2-inch baking pans. Cover with 1 gal white sauce (p. 560), 2 qt per pan. Bake at 325°F for 30 minutes. Sprinkle with chopped parsley. Ham may be added to the white sauce instead of to egg yolks.
- **Pickled Eggs.** Combine 3½ cups beet juice, 3½ cups vinegar, 12 oz granulated sugar, and ¼ tsp salt. Stir until sugar is dissolved. Pour over peeled, hard-cooked eggs. Cover tightly and refrigerate overnight.
- **Smoked Eggs.** Combine ½ cup soy sauce, 1 Tbsp salad oil, 1 tsp liquid smoke, 5 tsp granulated sugar, and 1¼ cups water. Pour over peeled hard cooked eggs. Marinate for 2–3 hours. Stir eggs occasionally to keep them moistened with marinade.

CHEESE BALLS

Yield: 50 portions or 150 balls *Portion:* 3 balls
Deep-fat fryer: 360°F *Fry:* 2–3 minutes

Ingredient	*Amount*	*Procedure*
Cheddar cheese, shredded	9 lb	Mix cheese, flour, and seasonings.
Flour, all-purpose	8 oz	
Salt	2 Tbsp	
Pepper, cayenne	few grains	
Egg whites	48 (3 lb 8 oz)	Beat egg whites until stiff. Fold into cheese mixture. Shape into balls 1–1¼ inches in diameter or dip with No. 30 dipper onto trays or baking sheets. Chill.
Eggs, beaten	6 (10 oz)	Combine eggs and milk.
Milk	2 cups	Dip cheese balls in egg mixture, then roll in crumbs.
Bread crumbs	1 lb 8 oz	Chill for several hours. Fry in deep fat for 2–3 minutes. Serve immediately.

Approximate nutritive values per portion **Calories** 429

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 29 g	**44%**	**Cholest.** 112 mg	**37%**	**Total Carb.** 15 g	**5%**	**Vitamin A**	**27%**	**Calcium**	**62%**
Sat. Fat 18 g	**89%**	**Sodium** 927 mg	**39%**	Fiber 0.6 g	**2%**	**Vitamin C**	**0%**	**Iron**	**7%**
Protein 27 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Cool leftovers quickly (within 4 hours) to an internal temperature below 41°F. See p. 44 for recommended cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Serve cheese balls in center of hot buttered pineapple rings, three per serving.
- For serving as first-course accompaniment, use half the recipe and shape into balls ½–¾ inch in diameter. Yield: 150 balls.
- For two cheese balls per portion, use No. 24 dipper. Yield: 40 portions.

CHEESE SOUFFLÉ

Yield: 48 portions or 2 pans 12 × 20 × 2 inches *Portion:* 4 oz
Oven: 300°F *Bake:* 55–60 minutes

Ingredient	*Amount*	*Procedure*
Margarine Flour, all-purpose Salt	1 lb 4 oz 10 oz 1 tsp	Melt margarine. Add flour and salt. Stir until smooth. Cook 5 minutes.
Milk	3 qt	Add milk gradually, stirring constantly with wire whip. Cook until thick.
Egg yolks, beaten	38 (1 lb 8 oz)	Add egg yolks to white sauce, stirring constantly. Cook for 2 minutes.
Cheddar cheese, shredded	1 lb 8 oz	Add cheese to sauce and stir until cheese is melted. Remove from heat.
Egg whites Cream of tartar	38 (2 lb 12 oz) 2 tsp	Add cream of tartar to egg whites. Beat until stiff, but not dry. Fold into cheese mixture.
		Scale mixture into two 12 × 20 × 2-inch baking pans, greased only on the bottoms, 6 lb 12 oz per pan. Bake at 300°F for 55–60 minutes or until set. Cut 4 × 6.

Approximate nutritive values per portion **Calories** 265

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 21 g	**32%**	**Cholest.** 205 mg	**68%**	**Total Carb.** 8 g	**3%**	**Vitamin A**	**37%**	**Calcium**	**20%**
Sat. Fat 7 g	**37%**	**Sodium** 323 mg	**13%**	Fiber 0.2 g	**1%**	**Vitamin C**	**0%**	**Iron**	**5%**
Protein 11 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Serve with Cheese Sauce (p. 561), Fresh Mushroom Sauce (p. 566), or Shrimp Sauce (p. 562).

Variation

- **Mushroom Soufflé.** Add 1 lb chopped mushrooms and 5 oz chopped green peppers to uncooked mixture. Serve with Béchamel Sauce (p. 562).

CHEESE AND BROCCOLI STRATA

Yield: 56 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz
Oven: 325°F *Bake:* 1–1½ hours

Ingredient	*Amount*	*Procedure*
Bread slices, dry	2 lb	Cut bread into 1½-inch cubes. Set aside.
Broccoli cuts, frozen	5 lb	Cook broccoli until tender.
Cheddar cheese, shredded	2 lb	Layer as follows in each pan: 8 oz bread cubes 2 lb 8 oz broccoli 1 lb cheese 8 oz bread cubes
Eggs, beaten Milk Salt Prepared mustard Hot pepper sauce	9 doz (12 lb) 1 gal 2 oz 3 oz (6 Tbsp) 1½ tsp	Combine eggs, milk, and seasonings. Pour 1¼ gal into each pan. Smooth down evenly.
Paprika	½ tsp	Sprinkle with paprika, ¼ tsp per pan. Set each pan in another counter pan containing 3 cups hot water. Baked uncovered at 325°F until custard sets, approximately 1–1½ hours, 180°F internal end-point temperature. Cut 4 × 7.

Approximate nutritive values per portion **Calories** 307

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 18 g	**28%**	**Cholest.** 441 mg	**147%**	**Total Carb.** 14 g	**5%**	**Vitamin A**	**34%**	**Calcium**	**28%**
Sat. Fat 8 g	**40%**	**Sodium** 784 mg	**33%**	Fiber 2 g	**7%**	**Vitamin C**	**28%**	**Iron**	**13%**
Protein 21 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Baking time may be reduced if milk mixture is warmed to 140°F before baking.
- May be served with 1 oz Cheese Sauce (p. 561).

BROCCOLI AND CHEESE CASSEROLE

Yield: 48 portions or 4 pans 12 × 10 × 2 inches *Portion:* 8 oz
Oven: 350°F *Bake:* 1 hour 15 minutes

Ingredient	*Amount*	*Procedure*
Eggs	27 (3 lb)	Beat eggs and flour together, using a wire whip, until smooth.
Flour, all-purpose	12 oz	
Broccoli cuts, thawed, drained	6 lb 4 oz	Drain, then weigh. Fold into the egg-flour mixture.
Cottage cheese, low fat, drained	10 lb	Drain cottage cheese, then weigh. Add cheeses and salt to eggs.
Cheddar cheese, shredded	5 lb 6 oz	
Salt	2 Tbsp	
		Scale mixture into four greased 10 × 12 × 2-inch pans, 6 lb per pan. Bake at 350°F for approximately 1 hour 15 minutes or until a knife inserted near the center comes out clean, 180°F internal end-point temperature. Let stand 15 minutes. Cut 3 × 4.

Approximate nutritive values per portion **Calories** 372

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 22 g	**33%**	**Cholest.** 182 mg	**61%**	**Total Carb.** 12 g	**4%**	**Vitamin A**	**30%**	**Calcium**	**47%**
Sat. Fat 13 g	**64%**	**Sodium** 1014 mg	**42%**	Fiber 0.2 g	**1%**	**Vitamin C**	**62%**	**Iron**	**9%**
Protein 31 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- May add topping of 3 cups bread crumbs mixed with ⅓ cup melted margarine and 6 oz Parmesan cheese. Add during last 15 minutes of cooking.
- May be garnished with fresh broccoli florets.
- For a vegetable, serve 4 oz portion.

WELSH RAREBIT

Yield: 50 portions or 6½ qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Margarine	10 oz	Melt margarine. Add flour and salt. Stir until smooth.
Flour, all-purpose	8 oz	Cook 5 minutes.
Salt	1 oz (1½ Tbsp)	
Milk	1 gal	Add milk gradually, stirring constantly with wire whip. Cook until thickened.
Cheddar cheese, shredded	5 lb	Add cheese and seasonings to sauce. Cook over hot water until cheese is melted.
Dry mustard	2 Tbsp	Serve on toast or toasted buns.
Worcestershire sauce	2 Tbsp	
Pepper, white	½ tsp	

Approximate nutritive values per portion **Calories** 290

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 22 g	**34%**	**Cholest.** 58 mg	**19%**	**Total Carb.** 8 g	**3%**	**Vitamin A**	**19%**	**Calcium**	**42%**
Sat. Fat 12 g	**60%**	**Sodium** 571 mg	**24%**	Fiber 0 g	**0%**	**Vitamin C**	**3%**	**Iron**	**3%**
Protein 14 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variation

- **Welsh Rarebit with Bacon.** Serve rarebit over toast, with two slices cooked bacon and two slices fresh tomato.

CHAPTER 7

Fish and Shellfish

FIN FISH

Market Forms

Fish may be purchased fresh or frozen, and some are available canned. Following are the most common market forms:

Aberdeen Cuts. Rhombus-shaped cuts from a block of frozen fish are known as Aberdeen cuts; sides may be squared off or cut with a tapered edge. These usually are breaded or battered. Also called diamond cuts, French cuts.

Bits or Nuggets. Small pieces of fish breaded or coated with batter, weighing less than 1 ounce each, are called bits or nuggets. Shapes may be round, square, or irregular. Some are cut from regular blocks of fish; others are cut from frozen blocks of minced fish. Also called bites, cubes, nuggets, petites, tidbits. Generally sold by count per pound, for example, 25–35 per pound.

Boneless Fillet. The pinbones are removed from the fillet. Boneless fillets need not be completely boneless; U.S. Federal Grade Standards allow for an occasional small bone in Grade A fillets.

Butterfly Fillet. Fish is cut along both sides, with the two pieces remaining joined by a piece of skin and flesh.

Drawn Fish. Drawn fish have had the entrails, gills, and scales removed.

Fillet. A slice of fish flesh of irregular size and shape that is removed from the carcass by a cut made parallel to the backbone, usually 2–12 ounces.

Fingers. Fingers are irregular-shaped pieces of fish, similar to a long, thin fillet, breaded or battered, raw or precooked. Weight per piece varies; they are usually available in portions of 1–3 ounces or in bulk.

Fish Sticks. Sticks are rectangles of fish cut from a frozen block, usually 2 × 3 inches, weighing 1–2 ounces each, breaded or battered.

Headed and Gutted. Head, tails, fins, and viscera have been removed before sale.

Portion. Usually a square or rectangle, cut from a block of frozen fish. Weights vary from 1½–6 ounces. May be plain or breaded, raw or precooked.

Steaks. Slices of dressed fish, smaller than chunks, ready for cooking, are called steaks. Salmon, halibut, swordfish, and other large fish are commonly processed and sold as steaks.

Whole or Round Fish. Fish are sold just as they come from the water. They must be dressed before cooking.

The cost per edible pound in terms of both convenience and waste should be considered when deciding which form of fish to buy. Whole or round fish yield about 50 percent edible flesh after they have been eviscerated and scaled and the head, tail, and fins have been removed; dressed fish yield 70 percent, steaks 90 percent, and fillets and portions 100 percent. The U.S. government standard on breaded portions is 25 percent breading and 75 percent fish when raw; 35 percent breading and 65 percent fish when oven finished. Battered portions are typically 50 percent batter and 50 percent fish.

TABLE 7.1 Fin fish buying and cooking guide

Species	*Characteristics*	*Fat or lean*	*Usual market forms*	*Cooking methods*
Bass, sea	Flaky, white; rich flavor	Fat	Fillets, steaks; whole, pan-dressed	Fry, broil, bake
Bluefish	Dark, turning light when cooked; mild, soft	Fat	Fillets	Bake, poach
Catfish	Firm flesh, abundant flavor	Lean	Whole, dressed; fillets	Fry
Cod	Mild flavor; soft white meat, flakes easily	Lean	Fillets, steaks; breaded portions	Bake, fry, broil
Dolphin (mahimahi)	Firm, white meat; delicate flavor	Lean	Fillets	Broil, sauté, bake
Flounder	Delicate flavor, white	Lean	Whole, pan-dressed; fillets; breaded	Fry, bake, broil
Grouper	Flaky white, firm; rich flavor	Lean	Whole, steaks, fillets	Fry, bake, poach
Haddock	White meat, mild flavor	Lean	Whole, steaks, fillets, breaded portions	Broil, bake, fry, poach
Halibut	Tender, white; mild flavor	Lean	Drawn, dressed, steaks	Broil, bake, fry, poach
Monkfish	Firm, white flesh; mild lobsterlike flavor	Lean	Fillets, tails	Broil, sauté
Orange roughy	Snow-white flesh; delicate flavor, sweet taste	Lean	Fillets	Sauté, broil
Perch, ocean	Firm, white, flaky; mild flavor	Lean	Whole, pan-dressed; fillets; breaded fillets and portions	Pan fry, bake, deep-fat fry
Pike, walleye	Snowy white meat, sweet flavor	Lean	Whole, fillets, round	Pan fry
Pollack	Firm texture, white meat; mild	Lean	Fillets, breaded and precooked sticks and portions	Fry, broil, bake
Pompano	Firm white flesh	Fat	Whole, fillets	Sauté, broil
Redfish	Light firm flesh, sweet flavor	Lean	Whole, fillets	Pan fry, blackened
Red snapper	Firm, white flesh; mild flavor	Lean	Dressed, fillets, portions	Bake, fry, broil
Salmon	Pink to red flesh, rich flavor	Fat	Dressed, steaks, fillets	Bake, poach, broil, pan fry
Shark	Firm, white flesh	Fat	Steaks	Grill, broil
Sole	Firm, white flesh; delicate flavor	Lean	Whole, fillets	Bake, fry, broil, poach
Swordfish	Firm flesh, mild flavor	Fat	Steaks, chunks	Broil, bake, poach
Trout, lake	Firm texture, rich flavor	Fat	Whole, drawn, fillets	Bake, poach, pan fry
Trout, rainbow	Delicate flesh, excellent flavor	Lean	Whole, dressed; boned and breaded fillets	Pan fry, oven fry, broil, bake
Tuna (ahi)	Light flesh, good flavor	Fat	Steaks, drawn, chunks	Bake, broil, sauté
Turbot	Very tender; white, mild flavor	Lean	Fillets	Fry, bake, broil
Whitefish	Rich flavor; tender, white flesh	Fat	Whole, drawn, dressed; fillets	Bake, broil, poach
Whiting	Firm texture, abundant flavor	Lean	Drawn; breaded portions and fillets	Deep-fat fry, broil, sauté

Storage

Seafood is perishable and should be handled with great care during storage, thawing, preparation, cooking, and serving. Fresh fish should be delivered packed in crushed ice and stored in the refrigerator at 32°F. Frozen seafood should be delivered hard frozen and stored in the freezer at 0°F to −20°F until it is removed for cooking. Thawed fish should not be held longer than one day before cooking.

Frozen fish need not be thawed prior to cooking if it is not to be breaded. Some tempering may be necessary, however, to separate fish portions or cut them into appropriate-size pieces. Breaded fish portions should *not* be thawed before cooking.

Cooking Methods

Fish by nature is tender and free of tough fibers that need to be softened by cooking, and it should be cooked only until the fish flakes easily when tested with a fork. Fish may be cooked in many ways, but the best method is determined by size, fat content, and flavor. Baking and broiling are suitable for fat fish. If lean fish is baked or broiled, fat is added to prevent dryness, and it often is baked in a sauce. Fish cooked in moist heat requires very little cooking time and usually is served with a sauce. Frying is suitable for all types, but those with firm flesh that will not break apart easily are best for deep-fat frying. Table 7.1 suggests cooking methods for specific types of fish. Table 7.2 lists cooking times and temperatures.

Baking

Fish Fillets. Brush frozen fish in melted margarine or dip in fat, then in flour. Place in greased shallow pan or pan lined with parchment paper or aluminum foil; do not cover. Season with spices. A thin slice of lemon may be placed on each piece. See p. 591 for Lemon Herb Seasoning. Bake frozen fish at 350°–400°F for 20–25 minutes per inch of thickness. If fish is thawed or fresh, reduce cooking time to 10–12 minutes per inch of thickness.

Whole Fish for Buffet Display. Rinse and dry fish, then salt inside and out. Bake at 325°F until fish flakes easily, about 2 hours for a 12-pound fish and approximately 3 hours for a 20–24-pound fish. When done, gently remove skin, then garnish, being careful to arrange garnish so that fish can be cut and served easily. See p. 299 for Baked Whole Salmon.

Broiling

Fish fillets or steaks should be as dry as possible and at least 1 inch thick. Brush both sides with melted margarine or basting sauce, then season. See p. 591 for Lemon Herb Seasoning. Place frozen fish on greased broiler rack or pan. If the skin is on, place

TABLE 7.2 Methods of cooking fin fish and shellfish

	Baking		*Broiling (3–4 inches from heat)*	*Deep-fat frying (350°–375°F)*	*Pan frying (moderate heat)*
Type	*Temperature (°F)*	*Time (minutes)*	*Time (minutes)*	*Time (minutes)*	*Time (minutes)*
Fin Fish					
Dressed, 3–4 lb	350–400	40–60			
Pan-dressed, ½–1 lb	350–400	25–30	5–15	4–5	15–20
Steaks, ½–1¼ inch	350–400	25–35	5–15	4–5	15–25
Fillets	350–400	25–35	5–15	4–5	8–10
Portions, 1–6 oz	350–400	30–40		4–5	8–10
Sticks, ¾–1¼ oz	400	15–20		3–5	
Shellfish					
Clams, live, shucked	450	12–15	5–8	2–3	4–5
Crabs, live, soft shell			8–10	2–4	
Lobsters, live, ¾–1 lb	400	15–20	12–15	2–4	8–10
Spiny lobster tails, frozen, ¼–½ lb	450	20–30	8–12	3–5	8–10
Oysters, live, shucked	450	12–15	5–8	2–3	4–5
Scallops, ocean	350	15–20	6–8	2–3	4–6
Shrimp, headless, raw, peeled	350	15–20	5–8	2–3	8–10

Adapted from *How to Eye and Buy Seafood,* National Marine Fisheries Service, U.S. Department of Commerce; *Seafood, Foodservice Training,* U.S. Department of Commerce, Chicago, IL; and *Seafood, Foodservice Training Manual,* the National Fisheries Institute.

Notes

- See p. 291 for microwave cooking methods.
- A basic guide is to bake or pan fry fish for 20–25 minutes (350°–400°F) per inch of thickness for frozen fish; 10–15 minutes per inch of thickness for thawed or fresh fish.
- For steaming fish or shellfish, see Table 7.3
- End-point internal temperature must be 145°F.

TABLE 7.3 Timetable for steaming fish and shellfish

Type	*Amount per pan*	*Pan size solid*	*Procedure*	*Time (minutes)*		
				5 PSI	*15 PSI*	*Pressureless*
Clams, soft shell	8–10 servings	12×20×2½ inches Perforated	Place washed clams in a 2½-inch perforated pan inside a 4-inch solid pan with 2–3 qt water.	6–8	4–6	6–8
Clams, hard shell	12 each 3 lb	12×20×2½ inches	As above.	6–8	4–6	6–8
Crabs	10–16 each	12×20×2½ inches Perforated	Put live crabs in perforated pan. Steam cook.	16–18	14–16	16–18
Fish fillets (haddock, sole, cod)	5 lb	12×20×2½ inches	Place preportioned fresh or defrosted fish in pan, skin-side down. Season as desired. Time depends on thickness of fish.	4–12	2–8	4–12
Fish steaks	5 lb	12×20×2½ inches	Place steaks, fresh or defrosted, in shallow pan. Season if desired. Cooking time dependent on thickness.	6–12	4–8	6–12
Lobster (1–1½ lb each)	4–5 each	12×20×2½ inches Perforated	Put lobsters in perforated pan. Steam cook.	6–8	4½–6	6–8
Lobster (1½–2 lb each)	4 each	12×20×2½ inches Perforated	Put lobsters in perforated pan. Steam cook.	8–10	7–9	8–10
Oysters	12 each 3 lb	12×20×2½ inches Perforated	Put oysters in perforated pan. Steam cook.	4–6	3–4	5–7
Shrimp, cooked and deveined (12–15), frozen	5 lb	12×20×2½ inches	Place shrimp in solid pan. Add 1 quart water and seasonings if desired.	4–8	3–6	4–8
Shrimp, raw	10 lb	12×20×2½ inches Perforated	Place shrimp in perforated pans, being careful not to overcrowd. Steam cook.	7–9	4–5	8–11

skin side down. Broil 2–4 inches from preheated heating unit. Broiling time will range from 5 to 20 minutes. Thicker fillets may need to be turned once, halfway through cooking time.

En Papillote

Cooking en papillote is similar to steaming in that fish, vegetables, herbs, and spices are encased in parchment paper and cooked at a high enough temperature to cause steam to build up inside the bag. Poultry and tender cuts of meat may be cooked by this method.

Procedures for en papillote cooking

1. Cut parchment paper into a heart shape of the size needed for the fish, vegetables, and herbs being encased. Butter or oil the paper.
2. Put vegetables, herbs, and spices on one-half of the paper, then place the fish on top.
3. Fold the paper over the top and then fold and crimp the edges. Bake the packet until it is puffed and browned and the fish is done. Serve immediately.

Frying

Pan Frying and Sautéing. To pan fry, season fillets, steaks, or small whole fish with salt and pepper. Dip in milk and roll in flour or cornmeal or a combination of both. To sauté, lightly dust thawed, dry fish with seasoned flour. Cook in a small amount of fat at 360°–375°F. Turn halfway through cooking time to brown each side.

Deep-Fat Frying. Dip frozen fish fillets, steaks, or small whole fish in milk or egg mixture and seasoned crumbs; or purchase breaded or battered product. Fry 4–5 minutes at 360°–375°F (thicker whole fish will require more time).

Oven Frying. Dip frozen fillets or steaks in seasoned milk; drain, then coat with fine bread crumbs. Place in

greased shallow pan or pan lined with parchment paper or aluminum foil. Do not cover. Drizzle melted fat over fish. Bake at 400°F.

Microwave

Primary Cooking Guidelines. The source for the following microwave cooking directions is the *Seafood Foodservice Training Manual,* published by the National Fisheries Institute, Washington, D.C.:

1. Maximum moisture retention and even cooking can be achieved by generously brushing the fish and seafood item with margarine and tightly covering or wrapping the item before cooking. Fish Marinade, p. 594, may be used.
2. If the item is to be browned under a broiler after microwave cooking, it should be cooked to only 75–80 percent doneness in the microwave. Fish will not yet be flaky, and shellfish will be slightly translucent.
3. Microwave individual portions on medium-high setting to retain juices and flavor.
4. Let fish or seafood stand 2–3 minutes prior to serving.
5. Test for doneness: Fish is flaky when lifted gently with a fork near the center. It should be opaque in color; bones should be easily removed from meat. Shellfish will be slightly translucent in center. Let stand for a short period to finish cooking.

Oven Steaming

Place frozen fish on greased aluminum foil. Season and flavor with lemon juice, spices, and thinly sliced vegetables. Wrap securely. Place in shallow baking pan. Bake at 400°F for 20–25 minutes per inch of thickness.

Poaching

Prepare poaching liquid: acidulated water, court bouillon, bouquet garni liquid, fish stock, milk, or milk and water. Place fish fillets or thick steaks in a flat, shallow baking pan. Barely cover fish with boiling liquid, then cover with parchment paper or a lid. Cook in a 350°F oven or in a steamer until fish loses its translucent appearance or until fish flakes easily when tested with a fork (see Table 7.3). Remove fish from liquid and serve with a sauce or garnish.

Acidulated Water. Use 1 Tbsp salt and 3 Tbsp lemon juice or vinegar for each quart of water.

Court Bouillon. Add to 1 gal water, ¾ cup each of chopped carrots, chopped onion, and chopped celery; 3 Tbsp salt; ½ cup vinegar; 2 or 3 bay leaves; 6 peppercorns; 9 cloves; and 3 Tbsp margarine or butter. Boil gently for 20–30 minutes. Strain to remove spices and vegetables.

Bouquet garni. Place in cheesecloth tied into a bag: 6 parsley sprigs; 2 celery tops; 3 bay leaves; 1 tsp thyme leaves (dried); 1 tsp peppercorns. Makes enough to season 1 gal of liquid.

SHELLFISH

Shellfish may be purchased fresh, frozen, and canned. Frozen shellfish should be delivered hard frozen and stored in the freezer at 0°F to −20°F until it is removed for cooking. Thawed shellfish should not be held longer than one day before cooking. Live shellfish should be delivered at 35°F but not in direct contact with ice or water. See Tables 7.2 and 7.3 for additional information on buying and cooking shellfish.

Clams

Clams are available alive in the shell; shucked, fresh or frozen; and canned, whole or chopped. Frozen clam strips are available for deep-fat frying.

Crabs

Crabs may be purchased alive, but most are marketed cooked and frozen in the shell, as crab legs or claws, or as frozen or canned crabmeat. To cook, simmer hard-shelled crabs for 10–15 minutes in salted water. Cool rapidly in ice water. Break the shells apart and remove meat to be used in cooked dishes and salads. One 2-pound crab yields about 12 ounces of cooked body and leg meat. Soft-shelled crabs usually are parboiled, dipped in Egg and Crumbs (p. 39), and pan fried or cooked in deep fat.

Lobsters

Northern lobsters are marketed alive in the shell and as cooked meat, fresh or frozen. A 1-lb lobster will yield about 4 ounces of cooked meat. Rock lobsters are marketed only as lobster tails, usually individually quick frozen (IQF). To prepare frozen lobster tails, follow instructions on the package. Lobster meat, frozen or canned, may be used for salads and in cooked dishes. Live lobsters may be broiled or boiled.

Oysters

Oysters are marketed alive in the shell; shucked, fresh or frozen; and canned. Shucked oysters are in far greater demand in foodservice than those in the shell. Eastern oysters are larger and more readily available than Pacific oysters. Sizes of Eastern and Gulf oysters are given in Table 7.4.

Oysters are not ordinarily washed before using. If washing seems necessary, care should be taken to remove the oysters from the water quickly, so that they do not become soaked or waterlogged. Any bits of

shell should be removed. Cook oysters just enough to heat through to keep oysters juicy and plump; overcooking shrinks and dries them. To fry, dip oysters in Egg and Crumbs (p. 39) before frying.

Scallops

Scallops are always sold shucked and are available fresh, by the gallon or pound; and frozen, as individually quick frozen (IQF), in 3- to 5-pound units, or frozen in block form in 5-pound units. Frozen breaded scallops for deep-fat frying are typically sold in 2½- to 3-pound units. They may be breaded whole or cut from a frozen block in uniform pieces for breading. Large sea scallops are graded in sizes from 10 to 70 count per pound; bay scallops are smaller, graded in sizes from 70 to 120 per pound. To prepare fresh scallops, wash and remove any shell particles. Drain. To fry, dip in Egg and Crumb (p. 39), and fry in deep fat at 350°F for 2–3 minutes.

Shrimp

Shrimp are available raw or cooked, fresh or frozen, shelled or in the shell. Raw shrimp in the shell are called green shrimp. Peeled and deveined (P&D) shrimp have had both the shells and sand veins removed. Peeled, deveined, and cooked (P&DC) shrimp have been cooked. Other terms used to specify the method of processing are butterfly (also called split or fantail), in which the shrimp have been cut along the vein; butterfly breaded, which are split part way through on the vein side and spread open, then breaded; whole breaded, which are headless, usually deveined, and available tail on or off. Shrimp are sold by size or count per pound. The larger the shrimp, the more they cost. The name *prawn* is usually given to a large shrimp, those designated jumbo or larger. Count and descriptive names for raw shrimp are given in Table 7.5.

Raw, or green, shrimp should be washed carefully. Cover with water and bring to a boil. Let simmer for 3–5 minutes in water to which has been added 1½ tsp salt to each quart, 2 bay leaves, and mixed spices. Drain. Remove shell and sand vein from the center back of each shrimp. Two pounds of raw shrimp in the shells will yield about 1 pound of cooked, shelled, and deveined meat; about 1½ pounds cooked shrimp in the shells are needed to yield 1 pound of shelled meat. To fry, dip peeled and cleaned raw or cooked shrimp in batter or Egg and Crumb (p. 39). Fry in deep fat at 360°–375°F for 2–3 minutes. Breaded frozen shrimp may be cooked from their hard-frozen state.

TABLE 7.4 Marketing sizes for oysters

	Eastern and Gulf oysters	
Size	*Count per gallon*	*Pacific oysters Sizes**
Counts or extra large	160 or less	Extra large
Extra selects or large	160–210	Large
Selects or medium (preferred for frying)	210–300	Medium
Standards or small	300–500	Small
Very small	over 500	Extra small

Based on information from the National Fisheries Institute, Washington, D.C.
*Pacific oysters generally do not require count per gallon sizing.

TABLE 7.5 Count and descriptive names for raw shrimp

Number per pound	*Description*	*Uses*	*Amount to buy*
Less than 10	Extra colossal	Hors d'oeuvres sautéed, cocktails	3–4 oz shelled shrimp per person
10–15	Colossal		
16–20	Extra jumbo		
21–25	Jumbo	Breaded	8 oz per person
26–35	Extra large to large	Breaded	8 oz per person
36–50	Medium large to medium	Salads, with sauces	4–8 oz per person when combined with other foods
51–70	Small to extra small	Dips, canapés, open sandwiches	1 cup cooked, shelled, and deveined per person (12 oz raw shrimp in the shell or 7 oz frozen shelled shrimp)
More than 70	Tiny		

FISH AND SHELLFISH RECIPES

BAKED FISH FILLETS

Yield: 50 portions *Portion:* 5 oz
Oven: 375°F *Bake:* 25–35 minutes

Ingredient	*Amount*	*Procedure*
Fish fillets, 5 oz	50	Dip fish in margarine (see Notes).
Margarine, melted	1 lb	
Bread crumbs	1 lb 12 oz	Combine bread crumbs, flour, and seasonings.
Flour, all-purpose	12 oz	
Salt	1 Tbsp	
Paprika	1½ Tbsp	
Seasoned salt	1 Tbsp	
Marjoram	1 tsp	
Grated lemon peel, fresh	1 tsp	
		Dredge fish with crumb mixture and place on greased baking pans.
		Bake at 375°F for approximately 10 minutes for each inch of thickness, or until fish flakes easily when tested with a fork at thickest part and internal temperature is 145°F.

Approximate nutritive values per portion **Calories** 281

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	**19%**	**Cholest.** 49 mg	**16%**	**Total Carb.** 25 g	**8%**	**Vitamin A**	**12%**	**Calcium**	**9%**
Sat. Fat 3 g	**17%**	**Sodium** 832 mg	**35%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**6%**
Protein 17 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Double the cooking time for frozen fish that has not been defrosted.
- Fish portions or steaks may be substituted for fish fillets.
- Refrigerate all fish not currently being prepared or cooked.

Variation

- **Herbed Marinated Fish Steak.** Make Fish Marinade (p. 594). Marinate steaks for 3 hours. Grill or broil according to Table 7.2.

LEMON BAKED FISH

Yield: 50 portions *Portion:* 5 oz
Oven: 375°F *Bake:* 25–35 minutes

Ingredient	*Amount*	*Procedure*
Fish fillets, 5 oz	50	Thaw fish (if frozen) and bake, using either Method 1 or Method 2.
METHOD 1		
Margarine	1 lb 8 oz	Place 16 thawed fillets onto each 18 × 26-inch sheet pan.
Salt	1 oz (1½ Tbsp)	Melt margarine. Mix with lemon juice and seasonings.
Paprika	3 Tbsp	Brush generously on each piece of fish.
Lemon juice	1⁄3 cup	Bake at 375°F for approximately 10 minutes for each inch of thickness or until fish flakes easily with a fork when tested at the thickest part and internal temperature is 145°F. Transfer to 12 × 10 × 2-inch pans.
METHOD 2		
Shortening, melted	1 lb	Mix shortening, salt, pepper, and lemon juice.
Salt	1 Tbsp	Dip each piece of fish into seasoned fat.
Pepper, white	1 tsp	
Lemon juice	½ cup	
Flour, all-purpose	1 lb	Dredge fish with flour. Place close together in single layer in greased baking pans.
Margarine, melted	2 oz	Mix margarine and milk and drizzle over fish.
Milk	¾ cup	Bake at 375°F for approximately 10 minutes for each inch of thickness or until fish flakes easily when tested with a fork at thickest part and internal temperature is 145°F.
		Sprinkle with chopped parsley before serving.

Approximate nutritive values per portion—Method 1 **Calories** 228

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	**20%**	**Cholest.** 75 mg	**25%**	**Total Carb.** 0 g	**0%**	**Vitamin A**	**7%**	**Calcium**	**2%**
Sat. Fat 3 g	**13%**	**Sodium** 464 mg	**19%**	Fiber 0 g	**0%**	**Vitamin C**	**1%**	**Iron**	**2%**
Protein 27 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Approximate nutritive values per portion—Method 2 **Calories** 253

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**18%**	**Cholest.** 75 mg	**25%**	**Total Carb.** 7 g	**2%**	**Vitamin A**	**1%**	**Calcium**	**2%**
Sat. Fat 3 g	**15%**	**Sodium** 257 mg	**11%**	Fiber 0.3 g	**1%**	**Vitamin C**	**1%**	**Iron**	**4%**
Protein 28 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Double the cooking time for frozen fish that has not been defrosted.
- Refrigerate all fish not in the preparation process or being cooked.

Variation

- **Creole Baked Fish.** Make spice mixture of 1 cup dried parsley flakes, ½ cup red pepper flakes, ½ cup black pepper, ½ cup paprika, ¼ cup crushed thyme leaves, ¼ cup crumbled rosemary, 2 Tbsp crumbled oregano, 2 Tbsp crumbled basil. Brush fish fillets with melted margarine. Sprinkle generously with spice mixture. Follow baking directions for Lemon Baked Fish—Method 1.

BREADED FISH FILLETS

Yield: 50 portions *Portion:* 5 oz
Deep-fat fryer: 360°F *Fry:* 4–5 minutes

Ingredient	*Amount*	*Procedure*
Frozen fish fillets, 5 oz	50	Dredge fish in mixture of flour, salt, and pepper (see Notes).
Flour, all-purpose	8 oz	
Salt	1 Tbsp	
Pepper, white	1 tsp	
Eggs, beaten	6 (11 oz)	Combine eggs and milk.
Milk	2 cups	
Bread crumbs	1 lb 4 oz	Dip fish in egg mixture, then in crumbs. Fry in deep fat at 360°F for 4–5 minutes or until fish is golden brown and internal temperature is 145°F. Serve at once or place for a short time in uncovered counter pans in 250°F oven until service.

Approximate nutritive values per portion **Calories 205**

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	5%	**Cholest.** 103 mg	34%	**Total Carb.** 12 g	4%	**Vitamin A**	2%	**Calcium**	5%
Sat. Fat 1 g	5%	**Sodium** 340 mg	14%	Fiber 1 g	2%	**Vitamin C**	0%	**Iron**	6%
Protein 30 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Keep refrigerated all fish not being prepared or cooked.
- Suggested fish: flounder, sole, haddock, perch, grouper.

Variation

- **Cornmeal-Breaded Fish Fillets.** Delete eggs, milk, and bread crumbs. Increase flour to 1 lb. Mix flour, 2 lb 8 oz cornmeal, salt, and pepper. Dip fish fillets into cornmeal-flour mixture, thoroughly coating each piece. Fry according to directions.

FILLET OF SOLE AMANDINE

Yield: 50 portions *Portion:* 5 oz
Oven: 375°F *Bake:* 15–20 minutes

Ingredient	*Amount*	*Procedure*
Fillet of sole, 3 per lb	17 lb	Dredge fish in mixture of flour, salt, and pepper.
Flour, all-purpose	8 oz	Place in greased counter pans in single layers (see Notes).
Salt	1 Tbsp	
Pepper, white	1 tsp	
Margarine	1 lb 8 oz	Sauté onion and garlic in margarine.
Onion, finely chopped	4 oz	
Garlic, minced	1 clove	
Water	2 cups	Combine water, lemon juice, and seasonings. Add onions and garlic.
Lemon juice	1½ cups	Heat, but do not boil.
Salt	1 Tbsp	Just before baking, pour sauce over fish, 1 cup per pan.
Pepper, white	1 tsp	
Almonds, slivered	8 oz	Sprinkle almonds over fish.
		Bake at 375°F for approximately 10 minutes for each inch of thickness or until fish flakes easily when tested with a fork at thickest part and internal temperature is 145°F.

Approximate nutritive values per portion **Calories** 324

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**24%**	**Cholest.** 104 mg	**35%**	**Total Carb.** 5 g	**2%**	**Vitamin A**	**5%**	**Calcium**	**4%**
Sat. Fat 3 g	**15%**	**Sodium** 548 mg	**23%**	Fiber 1 g	**2%**	**Vitamin C**	**12%**	**Iron**	**5%**
Protein 39 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Keep refrigerated all fish not being prepared or cooked.
- Other white fish, such as halibut, haddock, cod, or flounder, may be used. Baking time on thicker fillets or steaks will be 25–35 minutes.
- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

BROILED TUNA WITH WHITE BEANS AND TOMATO SAUCE

Yield: 50 portions *Portion:* 6 oz tuna, 3 oz sauce
Broiler: 400°F *Broil:* 10 minutes

Ingredient	*Amount*	*Procedure*
Red wine vinegar	¾ cup	Combine vinegar, oil, and spices.
Olive oil	½ cup	
Pepper	1½ tsp	
Salt	2 tsp	
Tuna steaks, 6 oz (approximately 1-inch thick)	50 steaks	Brush oil mixture evenly over both sides of tuna steaks. Arrange tuna on oiled sheet pans. Place pans in preheated 400°F broiler. Cook approximately 5 minutes on each side, until fish flakes easily and reaches 145°F.
White Bean and Tomato Sauce	recipe p. 571	Serve tuna over a 3 oz bed of White Bean and Tomato Sauce. Garnish plate with fresh basil or thyme.

Approximate nutritive values per portion **Calories** 401

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 74 mg	**25%**	**Total Carb.** 33 g	**11%**	**Vitamin A**	**6%**	**Calcium**	**16%**
Sat. Fat 1 g	**6%**	**Sodium** 245 mg	**10%**	Fiber 1 g	**2%**	**Vitamin C**	**7%**	**Iron**	**37%**
Protein 51 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variation

- **Broiled Halibut with Black Bean Sauce.** Substitute halibut steaks for tuna. Substitute Black Bean and Tomato Sauce (p. 571) for White Bean and Tomato Sauce.

LEMON RICE-STUFFED COD

Yield: 50 portions *Portion:* 6 oz cod, 2¼ oz rice
Oven: 350°F *Bake:* 25–30 minutes

Ingredient	*Amount*	*Procedure*
Cod fillets, 6 oz	50	Cut cod portions to open like a wallet, hinged in center.
Margarine Celery, diced Onion, chopped	4 oz 12 oz 6 oz	Sauté celery and onions in margarine in steam-jacketed kettle or other large pan.
Water, hot Salt Thyme	1½ qt 1 Tbsp 1 tsp	Add water and seasonings to vegetable mixture.
Rice, uncooked	1 lb 4 oz	Stir in raw rice. Cover and simmer until rice is tender and liquid is absorbed, approximately 15 minutes.
Yogurt, plain Lemon, peeled and diced	1 lb 4 oz	Stir in yogurt and lemon.
		Place No. 16 dipper (2¼ oz) of rice mixture on one side of fish fillet. Fold other half over top to close like a wallet. Place on greased baking sheets or 12 × 20-inch counter pans. Bake uncovered at 350°F for approximately 25–30 minutes or until fish flakes easily when tested with a fork at thickest part and internal temperature reaches 145°F. Serve garnished with a slice of lemon.

Approximate nutritive values per portion **Calories** 207

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	**5%**	**Cholest.** 75 mg	**25%**	**Total Carb.** 10 g	**3%**	**Vitamin A**	**3%**	**Calcium**	**5%**
Sat. Fat 1 g	**4%**	**Sodium** 253 mg	**11%**	Fiber 0.2 g	**1%**	**Vitamin C**	**5%**	**Iron**	**6%**
Protein 31 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Keep refrigerated all fish not being prepared or cooked.
- Brown rice or a brown and wild rice mixture may be substituted for white rice.
- Any firm fish may be substituted for cod: orange roughy, perch, pollack.

BAKED WHOLE SALMON, CHILLED

Yield: 1 salmon or 50 portions
Oven: 350°F *Bake:* 2 hours

Ingredient	*Amount*	*Procedure*
Whole salmon, thawed	1 (approx. 10 lb)	Thoroughly wash fish. Rub inside and outside of fish while running cool, clear water over. Place fish on 12 × 20-inch sheet pan that has been sprayed with vegetable spray or lined with parchment paper. Bake at 350°F for approximately 1 hour.
		Remove from oven and skin fish. Cut skin behind head, down the length of back and halfway down across belly. Remove cut skin. Leave head, fins, and tail on.
Margarine or butter, melted	4 oz	Combine melted butter or margarine and lemon juice. Use to baste fish.
Lemon juice	½ cup (4 oz)	Return fish to oven and bake approximately 1 hour or until fish flakes easily when tested with a fork at thickest part and internal temperature reaches 145°F.
		Remove fish from oven. Cool quickly (within 4 hours) to below 41°F. Fish should be cooked 1 day in advance to be served on cold buffet.

To Serve Whole Baked Salmon:

1. Place fish on attractive tray.
2. Garnish with orange, lemon, and cucumber slices; carrot curls, ripe olives, and shredded cabbage. If mouth is large and open, a fluted orange can be inserted.

Approximate nutritive values per portion **Calories** 148

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 35 mg	**12%**	**Total Carb.** 0 g	**0%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 1 g	**7%**	**Sodium** 64 mg	**3%**	Fiber 0 g	**0%**	**Vitamin C**	**2%**	**Iron**	**3%**
Protein 19 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at an internal temperature below 41°F. See p. 44 for recommended cooling procedures.
- Thaw fish in refrigerator for 1–2 days.

POACHED SALMON

Yield: 50 portions *Portion:* 5 oz
Oven: 350°F *Bake:* 10-15 minutes

Ingredient	*Amount*	*Procedure*
Onion, coarsely chopped	4 oz	Put vegetables, spices, and lemon into a cheesecloth bag.
Parsley sprigs	2 oz	
Celery tops, coarsely chopped	4 oz	
Bay leaves	8	
Thyme, dried leaves	4 tsp	
Peppercorns, black	2 tsp	
Salt	4 tsp	
Lemons, thickly sliced	2	
Water	2 gal	Combine water and wine. Cover and simmer seasoning bag with liquid for 15 minutes.
White wine	1 qt	Discard seasoning bag.
Salmon fillets, 5 oz (fresh or thawed)	50 fillets	Lightly grease four 12 × 20 × 4-inch pans. Divide salmon evenly into pans. Carefully pour approximately 2 qt of simmering hot liquid over salmon. (Fish should be just covered with liquid.) Bake uncovered at 350°F for 10-15 minutes or until fish flakes easily and reaches a temperature of 145°F. Remove salmon carefully from liquid. Serve with Horseradish Caper Sauce (p. 575) or Fruit Salsa (p. 570).

Approximate nutritive values per portion **Calories** 190

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**16%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 4 g	**1%**	**Vitamin A**	**24%**	**Calcium**	**1%**
Sat. Fat 0 g	**0%**	**Sodium** 179 mg	**7%**	Fiber 0 g	**0%**	**Vitamin C**	**5%**	**Iron**	**1%**
Protein 16 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Thermometer or thermocouple probe must be inserted in the fish without first passing through the poaching liquid.
- Salmon may be served hot or cold. If served cold, chill quickly (within 4 hours) to 41°F or below.

SALMON LOAF

Yield: 50 portions or 5 loaves 5 × 9 inches *Portion:* 4½ oz
Oven: 325°F *Bake:* 1–1½ hours

Ingredient	*Amount*	*Procedure*
Milk, scalded	3¾ cups	Mix milk and bread cubes.
Bread cubes, soft	1 lb 4 oz	
Eggs, beaten	18 (2 lb)	Add eggs to milk and bread mixture.
Salmon, flaked	10 lb	Add salmon and other ingredients.
Salt	1 oz (1½ Tbsp)	Mix lightly.
Paprika	1 tsp	Scale salmon mixture into five greased 5 × 9-inch loaf pans,
Pepper, white	1 tsp	2 lb 14 oz per pan.
Onions, chopped	3 oz	Bake at 325°F for 1–1½ hours or until internal temperature
Lemon juice	½ cup	reaches 180°F.

Approximate nutritive values per portion **Calories** 196

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**13%**	**Cholest.** 130 mg	**43%**	**Total Carb.** 7 g	**2%**	**Vitamin A**	**5%**	**Calcium**	**24%**
Sat. Fat 2 g	**12%**	**Sodium** 785 mg	**33%**	Fiber 0.3 g	**1%**	**Vitamin C**	**1%**	**Iron**	**7%**
Protein 22 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- For a lighter textured product, beat egg whites separately and fold into salmon mixture.

Variation

- **Tuna Loaf.** Substitute drained tuna for salmon.

TUNA AND NOODLES

Yield: 48 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz
Oven: 350°F *Bake:* 30–45 minutes

Ingredient	*Amount*	*Procedure*
Noodles	3 lb AP	Cook noodles according to direction on p. 369.
Water, boiling	3 gal	Drain. (Should yield 9 lb cooked.)
Salt	2 oz (3 Tbsp)	
Vegetable oil	2 Tbsp	
Tuna	5 lb 8 oz	Flake tuna and add to noodles.
Margarine	8 oz	Melt margarine in steam-jacketed or other kettle. Add onions and celery. Sauté until tender.
Onions, chopped	1 lb 8 oz	
Celery, chopped	1 lb 8 oz	
Flour, all-purpose	6 oz	Add flour and pepper to onion mixture. Stir until blended.
Pepper, black	½ tsp	Cook 5–10 minutes.
Chicken base	3 oz	Stir in chicken base.
Water	1 gal	Add water gradually, stirring constantly with wire whip. Cook until thickened.
		Add tuna and noodles to sauce.
		Stir gently until well blended.
Processed cheese, shredded	8 oz	Scale noodle mixture into two greased 12 × 20 × 2-inch baking pans, 13 lb per pan.
Paprika	½ tsp	Sprinkle with cheese, 4 oz per pan.
		Sprinkle lightly with paprika.
		Bake at 350°F until mixture is heated to 180°F and cheese is melted, 30–45 minutes.

Approximate nutritive values per portion **Calories** 251

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**12%**	**Cholest.** 47 mg	**16%**	**Total Carb.** 25 g	**8%**	**Vitamin A**	**4%**	**Calcium**	**6%**
Sat. Fat 2 g	**11%**	**Sodium** 1044 mg	**44%**	Fiber 1 g	**2%**	**Vitamin C**	**3%**	**Iron**	**13%**
Protein 19 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Two 46-oz cans cream of mushroom or cream of celery soup and 1 qt milk may be substituted for the sauce made from margarine, flour, chicken base, and water.

Variations

- **Tuna Macaroni Casserole.** Substitute macaroni for noodles.
- **Tuna and Rice.** Substitute 1 lb 8 oz rice for the noodles. Cook rice according to directions on p. 399.

CREAMED TUNA

Yield: 50 portions or 7½ qt *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Eggs, hard cooked (p. 271)	9	Peel eggs and chop coarsely, reserve for later step.
Margarine Flour, all-purpose Salt	12 oz 6 oz 1 Tbsp	Melt margarine in steam-jacketed or other kettle. Add flour and salt. Stir until smooth. Cook 5 minutes.
Milk	1 gal	Add milk gradually, stirring constantly with a wire whip. Cook until thickened.
Green pepper, chopped Pimiento, chopped Worcestershire sauce (optional) Pepper, cayenne	6 oz 6 oz 6 Tbsp ¼ tsp	Add green pepper, pimiento, and seasonings to sauce.
Tuna, flaked	5 lb	Add tuna and eggs to sauce. Heat to 180°F. Serve with 4-oz ladle on toast, biscuits, or corn bread.

Approximate nutritive values per portion **Calories** 179

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**15%**	**Cholest.** 62 mg	**21%**	**Total Carb.** 7 g	**2%**	**Vitamin A**	**10%**	**Calcium**	**13%**
Sat. Fat 3 g	**16%**	**Sodium** 413 mg	**17%**	Fiber 0.2 g	**1%**	**Vitamin C**	**16%**	**Iron**	**7%**
Protein 16 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Other cooked fish may be substituted for tuna.

Variations

- **Creamed Salmon.** Substitute salmon for tuna.
- **Creamed Tuna and Celery.** Delete hard-cooked eggs and green pepper. Add 1 lb diced cooked celery, 3 oz chopped onion sautéed in margarine, and 3 oz chopped pimiento.
- **Creamed Tuna and Peas.** Delete hard-cooked eggs and green pepper. Add 3 lb frozen peas, cooked until just tender and drained.
- **Tuna Rarebit.** Delete hard-cooked eggs. Add 1 lb 8 oz shredded cheddar cheese.

DEVILED CRAB

Yield: 50 portions *Portion:* 3 oz
Oven: 400°F *Bake:* 15 minutes

Ingredient	*Amount*	*Procedure*
Crabmeat	6 lb	Separate crabmeat into flakes.
Eggs, beaten	5 (9 oz)	Combine eggs, lemon juice, and seasonings.
Lemon juice	¼ cup	Add to crabmeat. Mix lightly.
Salt	1 oz (1½ Tbsp)	
Pepper	2 tsp	
Pepper, cayenne	few grains	
Worcestershire sauce	1 Tbsp	
Onion juice (optional)	2 Tbsp	
Margarine	12 oz	Melt margarine in steam-jacketed or other kettle.
Flour, all-purpose	8 oz	Add flour and stir until smooth. Cook 5 minutes.
Milk	2 qt	Add milk gradually to flour mixture, stirring constantly with wire whip. Cook until thick.
Prepared mustard	1½ tsp	Add mustard to sauce. Combine with crab mixture. Mix lightly. Fill individual casseroles or shells.
Bread crumbs	8 oz	Combine crumbs and margarine.
Margarine, melted	4 oz	Sprinkle over crab. Bake at 400°F for approximately 15 minutes or until internal temperature reaches 180°F.

Approximate nutritive values per portion **Calories** 186

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**16%**	**Cholest.** 81 mg	**27%**	**Total Carb.** 9 g	**3%**	**Vitamin A**	**5%**	**Calcium**	**8%**
Sat. Fat 3 g	**14%**	**Sodium** 614 mg	**26%**	Fiber 0.3 g	**1%**	**Vitamin C**	**2%**	**Iron**	**5%**
Protein 13 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Lobster, shrimp, or imitation crab may be substituted for crabmeat.

SCALLOPED OYSTERS

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 5 oz
Oven: 400°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Oysters	6 qt	Drain oysters, saving liquor.
Cracker crumbs	3 qt	Mix crumbs, margarine, and seasonings.
Margarine, melted	1 lb	Spread a third of the crumbs over bottoms of two greased 12 × 20 × 2-inch baking pans.
Salt	1 oz (1½ Tbsp)	Cover with half of the oysters; repeat with crumbs and oysters.
Paprika	½ tsp	
Pepper, white	½ tsp	
Milk	1 qt	Mix milk and oyster liquor. Pour over top of oysters.
Oyster liquor (or milk)	3 cups	Cover with remaining crumbs.
		Bake at 400°F for approximately 30 minutes until internal temperature reaches 165°F.

Approximate nutritive values per portion **Calories** 164

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**17%**	**Cholest.** 5 mg	**2%**	**Total Carb.** 14 g	**5%**	**Vitamin A**	**3%**	**Calcium**	**6%**
Sat. Fat 3 g	**13%**	**Sodium** 585 mg	**24%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**5%**
Protein 3 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 2 cups finely chopped, partially cooked celery may be added.

CARIBBEAN SHRIMP

Yield: 50 *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Large shrimp, peeled and deveined, tails left on	15 lb (AP)	Combine shrimp, oil, and spices. Marinate shrimp in refrigerator for 1 hour.
Olive oil	1½ cups	
Garlic, finely minced	4 oz (EP)	
Thyme, dried, whole	4 Tbsp	
Rosemary, dried, whole	4 Tbsp	
Pepper, ground black	1 Tbsp	
Pepper, crushed red	1 Tbsp	
Salt	2 tsp	
		Drain. Discard excess marinade. Using a medium-high heat, cook shrimp in a single layer on a lightly oiled griddle or skillet. Cook until shrimp turn pink and are done (145°F, 4–8 minutes). Turn halfway through cooking time.
Fresh limes (optional)	8	Garnish with lime wedges.

Approximate nutritive values per portion **Calories** 175

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6.5 g	**10%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 1 g	**0%**	**Vitamin A**	**1%**	**Calcium**	**7%**
Sat. Fat 1 g	**4%**	**Sodium** 240 mg	**23%**	Fiber .2 g	**1%**	**Vitamin C**	**1%**	**Iron**	**8%**
Protein 27 g				Sugars .02 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Shrimp can be skewered and served for a hot or cold appetizer or as an entree on a bed of seasoned rice or pasta.

CREOLE SHRIMP WITH RICE

Yield: 50 portions *Portion:* 4 oz creole shrimp + 4 oz rice

Ingredient	*Amount*	*Procedure*
Shortening	8 oz	Cook onion, celery, and garlic in shortening until almost tender but not brown.
Onion, finely chopped	10 oz	
Celery, finely chopped	12 oz	
Garlic, minced	1 tsp	
Flour, all-purpose	6 oz	Add flour and seasonings. Stir until smooth.
Salt	1 oz (1½ Tbsp)	Cook 5 minutes.
Pepper, cayenne	¾ tsp	
Tomato juice	2 cups	Add tomato juice, tomatoes, and sugar. Cook 10 minutes.
Tomatoes, canned	2½ qt	
Sugar, granulated	1 Tbsp	
Shrimp, cooked, peeled, and deveined	6 lb EP	Add shrimp and green peppers to sauce. Heat to 165°F.
Green pepper, chopped	8 oz	
Rice, converted	3 lb 8 oz	Cook rice according to directions on p. 399.
Water, boiling	4¼ qt	Serve shrimp with 4-oz ladle over No. 10 dipper of rice.
Salt	2 Tbsp	
Margarine or vegetable oil	2 Tbsp	

Approximate nutritive values per portion **Calories** 233

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**9%**	**Cholest.** 84 mg	**28%**	**Total Carb.** 32 g	**11%**	**Vitamin A**	**7%**	**Calcium**	**4%**
Sat. Fat 1 g	**7%**	**Sodium** 667 mg	**28%**	Fiber 1 g	**4%**	**Vitamin C**	**24%**	**Iron**	**18%**
Protein 12 g				Sugars 2 g					

*Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If raw shrimp are used, purchase 12–14 lb. Cook as directed on p. 290.

ORIENTAL SHRIMP AND PASTA

Yield: 50 portions *Portion:* 6 oz shrimp and sauce + 4 oz pasta

Ingredient	*Amount*	*Procedure*
Sugar, granulated	1 oz	Combine in steam-jacketed or other kettle. Blend with wire whip.
Cornstarch	10 oz	
Pepper, white	½ tsp	
Ginger, ground	1½ Tbsp	
Garlic powder	¾ tsp	
Pepper, cayenne	few grains	
Water	1½ gal	Stir into dry ingredients.
Soy sauce	1 cup	Cook and stir with wire whip until thickened and clear.
Soup base, clam	5 oz	
Bamboo shoots, sliced, canned	1 lb	Rinse bamboo shoots and water chestnuts. Drain. Add to sauce.
Water chestnuts, sliced, canned	1 lb	
Broccoli stalks, sliced	1 lb 12 oz	Cook vegetables (p. 631) until tender-crisp. Drain.
Carrots, julienne	12 oz	Add to sauce.
Green onions, cut into ½-inch pieces	8 oz	Add onions and shrimp to sauce. Heat to 165°F.
Shrimp, cooked	2 lb 8 oz	
Fettuccine	5 lb	Cook according to directions on p. 369. Drain.
Water	5 gal	Serve 6 oz shrimp over 4 oz cooked pasta.
Salt	5 oz	
Vegetable oil	3 Tbsp	

Approximate nutritive values per portion **Calories** 165

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 45 mg	**15%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**19%**	**Calcium**	**4%**
Sat. Fat 0 g	**0%**	**Sodium** 2412 mg	**101%**	Fiber 0.2 g	**1%**	**Vitamin C**	**18%**	**Iron**	**6%**
Protein 9 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

BROILED SEA SCALLOP GRATIN

Yield: 50 portions *Portion:* 4 oz (4–5 scallops)
Broiler: 400°F *Broil:* 10 minutes

Ingredient	*Amount*	*Procedure*
Sea scallops, large	13 lb	
Lime juice, fresh	2¼ cups	Combine juice, parsley, pepper, onion, oil, and salt.
Parsley, fresh, minced	2 oz (1½ cups)	Carefully mix scallops with marinade and refrigerate for 30 minutes.
Red bell pepper, minced	8 oz	Place scallops on an oiled sheet pan. Distribute liquid evenly over scallops.
Green onions, minced	8 oz	Place pan in a preheated 400°F broiler and cook for 5 minutes, remove from oven and turn scallops.
Southwest flavored oil	1 cup	Return to oven and cook until scallops are firm, approximately 4–5 additional minutes (internal temperature 145°F).
Salt	1½ tsp	Serve with a little liquid spooned over the top of scallops. Garnish with cilantro sprigs.

Approximate nutritive values per portion **Calories** 189

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**10%**	**Cholest.** 63 mg	**21%**	**Total Carb.** 7 g	**2%**	**Vitamin A**	**23%**	**Calcium**	**14%**
Sat. Fat 1 g	**3%**	**Sodium** 384 mg	**16%**	Fiber 1 g	**3%**	**Vitamin C**	**164%**	**Iron**	**96%**
Protein 28 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 4–5 scallops may be put in a gratin dish and broiled as needed for service. Keep scallops not being prepared in the refrigerator and remove as needed for production.
- Southwest-flavored oil is available commercially. Olive oil and ¼ tsp red pepper flakes may be substituted for commercially prepared oil.
- Other flavored oils may be substituted for Southwest-flavored oil.
- Scallops may be baked at 350°F for 15–20 minutes.

CHAPTER 8

Meat

PURCHASING AND STORAGE

The quality of cooked meat depends on the quality purchased, the storage and handling of meat after delivery, and cooking methods. All meats marketed in interstate commerce in the United States must meet federal inspection standards for wholesomeness. This requirement covers all processed meat products and fresh and frozen meats. Meat slaughtered, processed, and sold within a given state must be inspected by programs "at least equal to" federal inspection standards.

Quality grading helps predict the palatability of meat. Beef grades are based on two factors: the amount of marbling present and the age of the animal. Quality grades for young cattle include (from best to least) Prime, Choice, Select, and Standard. Each grade denotes a specific level of quality as determined by the USDA. Yield grading is a system that estimates the percentage of boneless and closely trimmed foodservice cuts that can be obtained from a beef carcass. These grades identify carcasses for differences in cutability or yield and are applied by the USDA grading service. Possible yield grades are (best to worst) 1 through 5.

Meat for foodservice use is available in wholesale (primal) cuts, subprimals, and portioned cuts. The chuck, loin, rib, and round are the major wholesale cuts of beef, making up 76 percent of the carcass. Other beef primal cuts are brisket, flank, foreshank, and plate. Pork primal cuts are belly, loin, shoulder, and leg or ham. Subprimals are produced by breaking down the primals into smaller cuts. Portioned cuts are processed from subprimals into individual steaks, chops, and other products. Table 8.1 identifies common names and suggested cooking methods for beef cuts. Portioned cuts have several advantages for the foodservice operator: Less skilled labor is needed by the operator, the product is more uniform, the actual amount of product needed can be prepared and costs can more easily be controlled, and packaging often allows for safer, more efficient storage. Storing meat in a refrigerator at a cold temperature is necessary to retard bacterial growth and slow the action of muscle enzymes. Fresh meat may be stored unwrapped or loosely covered with waxed paper at a temperature of 28°–32°F, with a relative humidity of 85 to 90 percent. Meat should be used as soon after purchase as possible, not more than 3 to 4 days later. Fresh meat stored in vacuum packaging will keep approximately 21 days in the refrigerator. Vacuum-packaged meat should be stored according to the processor's recommendations. Once removed from the vacuum package, the meat should be used within 3 to 4 days.

Frozen meat requires a uniform holding temperature of 0°F or below. It should be well wrapped to exclude air and keep the moisture in. Fresh meat frozen at 0°F may be successfully stored for 6 months, and fresh beef frozen at −10°F for a year. Frozen meat should be kept wrapped while defrosting in a refrigerator at 30°–35°F and should be cooked soon after defrosting. Once thawed, it should not be refrozen. Refreezing will result in some moisture loss and could pose a health risk if the total thawed time exceeds acceptable standards. Cooked meat may be frozen provided it is frozen soon after cooking and cooling.

Cured meats and cured and smoked meats such as ham and bacon, sausages, and dried beef require refrigerator storage. Although ham, bacon, and other cured meats can be frozen, freezing should only be for short periods, since undesirable flavor changes occur because of their salt, spice, and fat content.

TABLE 8.1 Names and suggested cooking methods for beef cuts

Beef cut	*Also known as . . .*	*Stir-fry*	*Sauté*	*Panbroil*	*Broil*	*Grill*	*Braise*
CHUCK							
Top Blade Steak, Boneless	Book Steak, Butler Steak, Lifter Steak, Petite Steak, Top Chuck Steak Boneless	X	X	X	X	X	X
Shoulder Steak, Boneless	Clod Steak, English Steak, London Broil, Shoulder Steak Half Cut		X[a]	X[a]	X[a]	X[a]	X
Chuck Arm Steak	Arm Swiss Steak, Chuck Steak for Swissing, Round Bone Steak						X
Chuck Eye Steak, Boneless	Boneless Chuck Fillet Steak, Boneless Steak Bottom Chuck, Boneless Chuck Slices	X	X	X	X	X	X
Chuck Mock Tender Steak	Chuck Eye Steak, Chuck Fillet Steak, Fish Steak, Chuck Tender Steak						X
Chuck 7-Bone Steak	Center Chuck Steak				X[a]	X[a]	X
RIB							
Rib Steak		X	X	X	X	X	
Rib Eye Steak	Beauty Steak, Delmonico Steak, Fillet Steak, Spencer Steak	X	X	X	X	X	
PLATE							
Skirt Steak	Fajita Meat, Inside Skirt Steak, Outside Skirt Steak, Philadelphia Steak		X[a]	X[a]	X[a]	X[a]	X
SHORT LOIN							
T-bone/Porterhouse Steak			X	X	X	X	
Tenderloin Steak	Filet Mignon, Fillet De Bouef, Fillet Steak, Tender Steak	X	X	X	X	X	
Top Loin Steak, Boneless	Ambassador Steak, Strip Steak, Boneless Club Steak, Hotel Style Steak, Kansas City Steak, New York Strip Steak, Veiny Steak	X	X	X	X	X	
Top Loin Steak, Bone-in	Chip Club Steak, Club Steak, Country Club Steak, Delmonico Steak, Shell Steak, Sirloin Strip Streak, Strip Steak	X	X	X	X	X	

continues

COOKING METHODS

Meat is cooked by either dry or moist heat. The method used will depend on the grade and location of the cut. Meat cuts containing relatively small amounts of connective tissue are cooked by dry heat (roasting, broiling, or frying). Moist heat (braising or cooking in liquid) is used for less tender cuts that have larger amounts of connective tissue. Veal, lamb, and pork, all tender meats, often are cooked with moist heat to develop their flavor and to provide variety in menu items. Veal, because of its delicate flavor and low fat content, combines well with sauces and other foods.

TABLE 8.1 *continued*

Beef cut	*Also known as . . .*	*Stir-fry*	*Sauté*	*Panbroil*	*Broil*	*Grill*	*Braise*
SIRLOIN							
Sirloin Steak	Flat Bone Steak, Pin Bone Steak, Round Bone Steak, Wedge Bone Steak	X	X	X	X	X	
Top Sirloin Steak, Boneless	Sirloin Butt Steak, Top Sirloin Butt Center Cut Steak	X	X	X	X	X	
Tri-Tip Steak	Triangle Steak	X	X	X	X	X	
FLANK							
Flank Steak	Flank Steak Filet, Jiffy Steak, London Broil	X			X[a]	X[a]	X
ROUND							
Round Tip Steak, Thin Cut	Ball Tip Steak, Beef Sirloin Tip Steak, Breakfast Steak, Knuckle Steak, Sandwich Steak, Minute Steak	X	X	X			
Round Steak	Full-cut Round Steak						X
Top Round Steak	Top Round London Broil	X	X[a]	X[a]	X[a]	X[a]	
Eye Round Steak				X[a]		X[a]	X
OTHER CUTS							
Cubed Steak		X	X	X			X
Chopped Steak			X	X	X	X	

From National Cattlemen's Beef Association, *The Complete Take On Steak: The Food Professional's Handbook* (Chicago, 1997).

[a] Marinate before cooking.

Dry-heat cooking does not improve tenderness; under some conditions, it reduces tenderness. Cooking with moist heat tends to soften some connective tissue and to make meat tender. The degree of doneness affects percentage losses, with a smaller loss in rare meat than in medium or well-done meat, provided other factors are the same. Faster cooking rates, complete trimming of external fat, and lengthy post-cooking holding periods may substantially increase cooking and holding loss.

Roasting

The term *roasting,* which is a dry-heat method, refers to cooking meat in an oven, in an open pan, with no moisture added. Meat cuts must be tender to be roasted. In beef, these are the less-used muscles, or those attached to the backbone. Most veal, pork, and lamb cuts may be cooked by this method.

Meats may be completely or partially defrosted or frozen at the time the cooking process is begun. Research has shown that meat roasted from the frozen state will yield as much meat as roasts partially or completely thawed before cooking. However, when time is a factor, defrosting meat before cooking is the accepted method. The additional cooking time required for frozen roasts is from one-third to one-half again the amount of time recommended for cooking a similar cut from the chilled state. Oven temperature should not change. Steps in roasting are as follows:

1. Place the meat, fat side up, on a rack in an open roasting pan. As the fat on top melts and runs down over the meat, it bastes the roast. Basting adds flavor and keeps the surface of the roast from drying out.
2. Toward the end of the roasting period, insert a meat thermometer in the roast so that the tip rests in the center of the cut but does not rest on bone or fat.
3. Season the roast with salt, pepper, and other spices. See p. 591 for Seasoned Salt recipe. Salt penetrates less than an inch during cooking, so it makes little difference whether the roast is seasoned at the beginning of, during, or at the end of cooking.

TABLE 8.2 Timetable for roasting beef

Beef cut	*Oven temperature (preheated)*	*Weight (pounds)*	*Approx. total cooking time (based on meat removed directly from refrigerator)*	*Remove roast from oven when internal temperature reaches (F°):*
Rib Eye Roast, small end	350°F	3 to 4	Medium rare: 1½–1¾ hr Medium: 1¾–2 hr	135 150
		4 to 6	Medium rare: 1¾–2 hr Medium: 2 to 2½ hr	135 150
		6 to 8	Medium rare: 2–2¼ hr Medium: 2½–2¾ hr	135 150
	325°F	8* to 10*	Medium rare: 2½–3¼ hr Medium: 3–3¾ hr	135 145
Rib Eye Roast, large end	350°F	3 to 4	Medium rare: 1¾–2¼ hr Medium: 2–2½ hr	135 150
		4 to 6	Medium rare: 2–2½ hr Medium: 2½–3 hr	135 150
		6 to 8	Medium rare: 2¼–2½ hr Medium: 2¾–3 hr	135 150
Rib Roast, chine bone removed	350°F	4 to 6 (2 ribs)	Medium rare: 1¾–2¼ hr Medium: 2¼–2¾ hr	135 150
		6 to 8 (2 to 4 ribs)	Medium rare: 2¼–2½ hr Medium: 2¾–3 hr	135 150
		8 to 10 (4 to 5 ribs)	Medium rare: 2½–3 hr Medium: 3–3½ hr	135 150
Tenderloin Roast, well trimmed	425°F	2 to 3 (center cut)	Medium rare: 35–40 min Medium: 45–50 min	135 150
		4 to 5 (whole)	Medium rare: 50–60 min Medium: 60–70 min	135 150
Round Tip Roast, cap off	325°F	3 to 4	Medium rare: 1¾–2 hr Medium: 2¼–2½ hr	140 155
		4 to 6	Medium rare: 2–2½ hr Medium: 2½–3 hr	140 155
		6 to 8	Medium rare: 2½–3 hr Medium: 3–3½ hr	140 155
		8* to 10*	Medium rare: 3–3¾ hr Medium: 3¾–4½ hr	135 150
Top Round Roast	325°F	6* to 8*	Medium rare: 2½–3 hr	135
		8* to 10*	Medium rare: 3–3¾ hr	135
Eye Round Roast	325°F	2 to 3	Medium rare: 1½–1¾ hr	135
Tri-Tip Roast	425°F	1½ to 2	Medium rare: 30–40 min Medium: 40–45 min	135 150

Medium rare doneness = 145°F final internal temperature after 15 to 20 minutes standing time.
Medium doneness = 160°F final internal temperature after 15 to 20 minutes standing time.

From the National Cattlemen's Beef Association (reviewed 2000).
Information based on consumer roasting data. Cooking times and temperatures for quantity production may vary depending on the roast size, number of roasts in the oven, temperature of roast before cooking, and equipment.
During standing time, roasts wil continue to rise 5°–10°F.

*Tent loosely with aluminum foil halfway through roasting time.

TABLE 8.3 Timetable for roasting lamb and veal

Cut	*Approximate weight (pounds)*	*Oven temperature (°F)*	*Interior temperature of roast when removed from oven (°F)*[a,b]	*Minutes per pound based on one roast*	*Approximate total cooking time (hours)*
LAMB					
Leg, shank off, No. 233C	5–7	325	140 (rare)	15–20	1¾–2½
			145 (medium rare)	20–25	1¾–3
			155 (medium)	25–30	3–3½
Leg, shank off, boneless, No. 233D	4–7	325	140 (rare)	20	1½–2½
			145 (medium rare)	25	1¾–3
			155 (medium)	25–30	2–3½
Shoulder, boneless and tied, No. 208	3½–6	325	140 (rare)	30	2–2½
			145 (medium rare)	35	2¼–3
			155 (medium)	40	2½–3½
Rib rack, No. 204	1½–2½	375	140 (rare)	30	¾–1
			145 (medium rare)	35	1–1¼
			155 (medium)	40	1–1½
Rib rack, No. 204	2–3	375	140 (rare)	25	1–1¼
			145 (medium rare)	30	1¼–1½
			155 (medium)	35	1½–1¾
VEAL					
Loin roast	3–4	300–325	155 (medium)	34–36	1¾–2⅓
			165 (well)	38–40	2–2⅔
Loin roast, boneless	2–3	300–325	155 (medium)	18–20	¾–1
			165 (well)	22–24	¾–1¼
Rib roast	4–5	300–325	155 (medium)	25–27	1⅔–2¼
			165 (well)	29–31	2–2½
Crown roast (12–14 ribs)	7½–9½	300–325	155 (medium)	19–21	2¼–3¼
			165 (well)	21–23	2½–3½
Rib Eye roast	2–3	300–325	155 (medium)	26–28	1–1½
			165 (well)	30–33	1–1⅔
Rump roast, boneless	2–3	300–325	155 (medium)	33–35	1–1¾
			165 (well)	37–40	1¼–2
Shoulder roast, boneless	2¼–3	300–325	155 (medium)	31–34	1¼–1½
			165 (well)	34–37	1¼–1¾

Compiled from materials by National Cattlemen's Beef Association, Veal Committee, and American Lamb Council materials (reviewed 2000).

[a] For safety, lamb and veal must reach a temperature of 145°F or above for 15 seconds.
[b] During the required 15–20 minute standing time, temperature will rise 5°F.

4. Do not add water and do not cover roast. Adding water to the pan changes the cooking method from dry to moist heat.
5. Roast at a constant oven temperature, 250°–325°F, depending on the kind of meat and size of roast. High heat, 375°–425°F, is used for small cuts of very tender meat that cook quickly. Meats cooked at high temperatures will have more carmelization and greater shrinkage. If cooking in a convection oven, the temperature should be reduced by 50°F to minimize drying of the roast's surface by moving air. Searing the roast initially at a high temperature does not hold in meat juices and may increase cooking losses. A constant low temperature reduces shrinkage and produces a more evenly done roast that is easier to carve and more attractive to serve.
6. Roast to the desired degree of doneness. The length of the cooking period depends on several factors: oven temperature, size and shape of the roast, style of cut (boned or bone in), oven load, quality of meat, and degree of doneness required. Approximate cooking times and temperatures are given in Tables 8.2 through 8.5. Although approximate total cooking time can be used as a general guide, the interior temperature of the meat as measured by a thermometer or thermocouple is a more reliable indicator of doneness. Roasts will continue cooking for a period of time after removal from the oven, and the internal temperature of the roast may rise 5–10°F.

TABLE 8.4 Timetable for roasting pork in conventional oven

Cut	*Weight*	*Oven temperature (°F)*	*Food product internal temperature (°F)*	*Minutes per pound*[a]	*Approximate total cooking time*
Loin, boneless, tied	8–12 lb	325	155	17–20	2½–3½ hr
Fresh ham, boneless, tied	10–14 lb	325	155	20–25	3½–4½ hr
Spareribs (panned flat)	3 lb and down	325	well done	—	1½ hr
Loin, back ribs (shingled)	1¾–2½ lb	325	well done	—	1½ hr
Bacon, flat pack	18–22 slices/lb	400	—	—	6–8 min
Sausage	1 oz patties/ links	400	well done	—	15–20 min
Boneless cured ham, fully cooked	10–12 lb	325	140	15–18	2½–3½ hr
Boneless pork chop	4 oz	425	160	—	18–20 min
Boneless pork chop	5 oz	425	160	—	22–24 min
Boneless pork chop	6 oz	425	160	—	24–26 min
Boneless pork chop	8 oz	425	160	—	25–27 min
Bone-in pork chop	4 oz	425	160	—	10–12 min
Bone-in pork chop	5 oz	425	160	—	12–14 min
Bone-in pork chop	6 oz	425	160	—	15–17 min
Bone-in pork chop	8 oz	425	160	—	25–30 min

Compiled from materials by National Pork Producers Council (reviewed 2000).

[a] Smaller roasts require more minutes per pound than larger roasts.

TABLE 8.5 Timetable for roasting pork in convection oven

Cut	*Weight*	*Oven temperature (°F)*	*Food product internal temperature (°F)*	*Minutes per pound*[a]	*Approximate total cooking time*
Loin, boneless, tied	8–12 lb	275	155	12–15	2–2½ hr
Fresh ham, boneless, tied	10–14 lb	275	155	13–16	3–3½ hr
Whole tenderloin	¾–1 lb	425	155	—	15 min
Spareribs (panned flat)	3 lb and down	275	well done	—	60–70 min
Loin, back ribs (shingled)	1¾–2½ lb	275	well done	—	60–70 min
Bacon, flat pack	18–22 slices/lb	325	—	—	4–6 min
Sausage	1 oz patties/ links	325	well done	—	10–12 min
Boneless cured ham, fully cooked	10–12 lb	275	140	10–12	2–2½ hr
Boneless pork chop	4 oz	425	160	—	6–8 min
Boneless pork chop	5 oz	425	160	—	8–10 min
Boneless pork chop	6 oz	425	160	—	13–15 min
Boneless pork chop	8 oz	425	160	—	15–17 min
Bone-in pork chop	4 oz	425	160	—	8–10 min
Bone-in pork chop	5 oz	425	160	—	11–13 min
Bone-in pork chop	6 oz	425	160	—	13–15 min
Bone-in pork chop	8 oz	425	160	—	20–22 min

Compiled from materials by National Pork Producers Council (reviewed 2000).

[a] Smaller roasts require more minutes per pound than larger roasts.

7. After cooking, the roast should be allowed to set in a warm place for 15 to 20 minutes before being sliced. The roast becomes more firm, retains more of its juices, and is easier to slice. Tent the meat with foil to keep it warm. Slice the meat across the grain.

Meat juices will be lost if the roast is pierced with a fork during cooking or before it has set after cooking. Refrigerating the roast prior to slicing and service results in a loss of flavor. To ensure the highest quality, roasts should be served soon after cooking and slicing. Table 1.1 provides information on several yields.

Broiling

Broiling is a dry-heat method of cooking using direct or radiant heat. It is used for small, individualized, tender cuts such as steaks, chops, and patties. Low-temperature cooking methods apply to proper broiling. Broiled meats should not be seared, for searing increases broiling losses. If marking on a hot broiler rack is desired, the remainder of the broiler time after marking should be at a moderate temperature.

Broiling is most successful for cuts 1 to 2 inches thick. Veal should not be broiled unless it is fairly mature and well marbled with fat, and then only loin chops or steaks should be used. Broiling is an acceptable cooking method for pork chops, but the temperature should be moderate, so the chop does not become charred by the time it is cooked well done (160°F).

Frozen cuts may be successfully broiled, especially those 1½ inches thick or less. They should be broiled at a greater distance from the heat or at a lower temperature than unfrozen cuts to provide more uniform doneness. Although cooking times will vary, a general guideline is that frozen steaks will take nearly twice as long as unfrozen steaks.

Meat may be broiled in an oven broiler or other type of heat-from-above gas or electric broiler, or on an open hearth, which is heated from below. In pan broiling or griddle broiling, the heat is transferred from the pan or grill to the meat being cooked.

Following is the standard procedure for broiling:

1. Preheat the broiler. A preheated broiler rack will provide desired markings on the meat.
2. Place the meat on the broiler rack. A distance of 3 to 5 inches is recommended. If frozen meat is used, increase distance from the heat source.
3. Broil the meat until the side closest to the heat source is attractively browned and the cut is cooked almost half through.
4. Turn meat only once during cooking.
5. Broil second side to desired doneness. Season. See Table 8.6 for approximate time.

Pan Broiling and Griddle Broiling

1. Place meat on a preheated ungreased griddle or heavy frying pan.
2. Cook slowly, turning as necessary. Since the meat is in contact with the hot metal of the pan or griddle, turning more than once may be necessary for even cooking. If the steak is thick, reduce the temperature after browning.
3. Cook the meat at a moderate temperature. Care should be taken not to puncture the meat while cooking. Use long-handled tongs or a spatula for turning.
4. Do not add additional fat or water. Pour off or scrape away any excess fat as it accumulates.
5. Cook meat to the desired degree of doneness. See Table 8.7 for approximate cooking times.

Direct Grilling

1. Prepare charcoal grill for direct cooking and light charcoal. When coals are ash covered (in approximately 30 minutes), spread in single layer.
2. Place seasoned or unseasoned meat on grid directly over ash-covered, medium-hot coals. (Coals are medium-hot when a hand can be held at cooking height for 4 seconds before the heat forces it to be pulled away. Extreme care should be taken when measuring the temperature in this way.)
3. Grill steaks uncovered according to Table 8.8. After grilling, season beef with salt if desired and serve immediately.

Frying

Frying, a dry-heat method, is cooking in fat and may be accomplished by pan or griddle frying in a small amount of fat; by deep-fat frying, which uses a large amount of fat; or by stir-frying. Meat for frying generally is cut thinner than that for broiling and may be breaded or tenderized by scoring, cubing, or grinding.

Pan Frying or Griddle Frying

Procedures for pan frying or griddle frying are similar to pan or griddle broiling, but foods are cooked at approximately 325°F in fat that covers the bottom of the pan up to about one-fourth of the product. Meat may be dredged with seasoned flour to form a crisp crust. Pan fried items can be cooked completely during the frying process or can be browned in the pan and finished in the oven. Covering the food is not recommended because moisture must escape in order for the food to brown. Trapped moisture changes the cooking method from dry heat to moist heat.

TABLE 8.6 Timetable for broiling meat

Meat	Cut	Approximate thickness or weight (inches/weight)	Distance from heat (inches)	Approximate total cooking time (minutes)		
				Medium rare (145°F)	Medium (160°F)	Well done[c] (170°F)
BEEF	Porterhouse/T-bone steaks	¾	2–3	10	13	
		1	3–4	15	20	
		1½	3–4	27	32	
	Rib steaks	¾	2–3	9	12	
		1	3–4	13	17	
		1½	3–4	24	31	
	Rib eye steaks	¾	2–3	8	10	
		1	3–4	14	18	
		1½	3–4	21	27	
	Top sirloin steak, boneless	¾	2–3	9	12	
		1	3–4	16	21	
		2	3–4	34	39	
	Sirloin cubes	1–1¼	3–4	8	10	
	Tenderloin steak	1	2–3	13	16	
		1½	3–4	18	22	
	Top loin steak, boneless	¾	2–3	9	11	
		1	3–4	13	17	
	Tri-tip roast (bottom sirloin)	1½–2 lb	4–5	20	30	
	Chuck shoulder steak,[a] boneless	1	3–4	16	21	
	Eye round steak	1	2–3	9		
	Top round steak[a]	1	2–3	17–18		
	Flank steak[a]	1½–2 lb	2–3	13	18	
	Ground beef patties[b]	½ × 4-in (4/lb)	3–4		10–12	
		¾ × 4-in (3/lb)	3–4		12–14	

continues

Following is the standard procedure for pan frying or griddle frying meat that is coated with flour:

1. Dredge the meat with seasoned flour, crumbs, cornmeal, or similar coatings.
2. Place breaded food in heated oil and brown. Allow the fat to remain on the griddle or in the pan as the meat cooks.
3. Do not cover meat. Cook at moderate temperature until done, turning occasionally. Additional fat may need to be added during the cooking process.
4. Drain meat and serve at once.

With the exception of cream gravy made to accompany fried chicken or country-fried steak, sauces are generally not made from the fat and liquid that remain in the pan after frying.

Sautéing

Sautéing is a cooking method for preparing small, thin pieces of moist tender meat, seafood, or high-moisture vegetables in a pan. A high temperature, small amount of fat, and short cooking time distinguish sautéing from pan or griddle frying.

Sauces are often made from the juices left in the pan after sautéing. The process of adding liquid to the pan juices to dissolve food particles or caramelized drippings left in the pan is called deglazing. Excess fat should be poured away before deglazing. Liquids suitable for deglazing a pan include stock, water, and wine. Thickening may be achieved by using a starch or by a reduction of the liquid.

Deep-Fat Frying

In deep-fat frying, the hot fat is in constant contact with the entire surface of the meat, resulting in rapid heat transfer. A portion of the fat will be absorbed and contribute to the flavor of the product. At a low temperature, absorption is much greater, resulting in a greasy, less desirable product that will not fry to an attractive golden-brown color. Overloading the fryer

TABLE 8.6 *continued*

Meat	Cut	Approximate thickness or weight (inches/weight)	Distance from heat (inches)	Approximate total cooking time (minutes)		
				Medium rare (145°F)	Medium (160°F)	Well done[c] (170°F)
PORK	Loin/rib chop (bone-in)	¾ in	3			8–11
		1½ in	5			19–22
	Boneless loin chop	1 in	3			11–13
		1½ in	5			16–18
	Boneless rib roast filet	¾ in	3–5			7–9
	Butterflied chop	1 in	3			11–13
		1½ in	5			16–18
	Blade chop (bone-in)	¾ in	3			13–15
		1½ in	5			26–29
	Shoulder chop (bone-in)	¾ in	3			16–18
		1½ in	5			18–20
	Kabobs loin/leg	1 inch pc	3–5			9–11
	Kabobs tenderloin	1 inch pc	3–5			12–14
	Tenderloin	½–1 lb	5			16–21
	Ground pork patties	½ in	3–5			7–9
	Country-style ribs	1 in slice	5			45–60
	Spareribs		5			45–60
	Back ribs		5			45–55
	Butterflied single loin roast (boneless)	3 lb	5			22–24
LAMB	Shoulder, rib, loin, and sirloin chops	5 oz	3–4	10	(150° F) 12	
		8 oz	3–4	12	(150°F) 15	
	Center leg chops	1 in	3–4	15	(150°F) 20	
	Ground lamb patties[b]	1 (4 oz)	3–4		12	15

Compiled from materials by National Cattlemen's Beef Association, National Pork Producers Council, and American Lamb Council (reviewed 2000).

[a] Marinate beef cuts 6–8 hours for best eating quality.
[b] The FDA 1999 Food Code requires ground meat be cooked to a temperature of 155°F or above for 15 seconds. USDA recommends cooking ground meat patties to 160°F.
[c] National Cattleman's Beef Association does not recommend broiling beef to 170°.

will reduce the temperature of the fat. Following is the procedure for deep-fat frying meat:

1. Coat or bread meat. (See p. 39 for methods of preparing food for deep-fat frying.) Portioned, prebreaded items may be cooked from a frozen state in the deep-fat fryer.
2. Heat the fat to approximately 350°F.
3. Place pieces of meat in the wire basket and carefully lower into the fryer. Do not fill the basket while holding over the fat, because crumbs could fall into the fat.
4. Do not overload the basket or the fryer. An overload drastically reduces the temperature of the fat, thereby increasing fat absorption and inhibiting browning. This is especially true when the product is frozen. A ratio by weight of about 5 to 1 of fat to product is the maximum effective load.
5. Continue cooking until the outside of the product is browned and crisp and the meat reaches the desired doneness. Cooking time depends on the size of the piece, whether it is frozen or chilled, and whether the meat has been precooked.
6. Remove meat from fat and let drain. Do not shake the basket over the fat if the product is coated; shaking will cause particles and crumbs to fall into the fat.

Proper care can extend the usefulness or life of deep-frying fat. Factors causing fat to break down include salt or food particles in the fat, moisture, high temperature, and prolonged heating. Some indicators that fat needs to be changed include low smoke point, foaming, dark color, and unpleasant odor or flavor.

TABLE 8.7 Timetable for griddle-broiling meat (surface 400°– 450°F)

			Approximate total cooking time (minutes)		
Meat	*Cut*	*Approximate thickness or weight (inches/weight)*	*Medium rare (145°F)*	*Medium (160°F)*	*Well done (170°F)*
BEEF	Top loin steak	¾	10	12	
	(boneless)	1	12	15	
	Rib eye steak	¾	8	10	
		1	12	15	
	Top round steak	¾	11–12	not recommended	
	(marinate)	1	15–16	not recommended	
	Top sirloin	¾	10	13	
	(boneless) steak	1	15	20	
	Tenderloin steak	½	3½	5½	
		¾	7	9	
		1	10	13	
	Ground beef patties[a]	½ × 4 (4/lb)	10	12	
		¾ × 4 (3/lb)		12–15	
LAMB	Chops	1	8–10	10–12	
		1½	10–15	15–20	
	Ground lamb patties[a]	¾		10	12–15
		1 (4 oz)		10–15	15–20
PORK	Smoked ham slice	½			6–10
	Bacon				2–3
	Boneless pork chop	½			7–8
		1			10–12
	Bone-in pork chop	½			7–8
		1			12–14

Compiled from materials by National Cattlemen's Beef Association, National Pork Producers Council, and American Lamb Council (reviewed 2000).

[a] The FDA 1999 Food Code requires ground meat be cooked to a temperature of 155°F or above for 15 seconds. USDA recommends cooking ground meat patties to 160°F.

Stir-Frying

Stir-frying consists of cooking sliced or chopped meat and vegetables in a small amount of oil over medium-high heat. Stir-frying differs from sautéing in that the food is kept moving constantly during the cooking process. Quick cooking helps retain nutrients and enhances the flavor and attractiveness of the food. Food items suitable for stir-frying are tender, small pieces of beef, pork, or poultry; seafood; or high-moisture vegetables. Soy sauce, meat glaze, and wine are suitable liquids to use for a sauce. Cornstarch and arrowroot are traditional thickeners used for sauce on stir-fried foods.

Following is the standard procedure for stir-frying:

1. Cut meat and vegetables into small, uniform pieces so they will cook quickly and evenly. Cut meat into thin slices or strips. Partially freezing meat will facilitate slicing.
2. Heat the oil in the wok or other suitable equipment.
3. Add the main ingredient or meat and stir-fry, keeping the food in constant motion. Stir and cook until the meat is done. Add additional ingredients in sequence (those that require the most cooking time first and least cooking time last). Cook only until tender crisp. When time is an issue, meat can be stir-fried in a pre-preparation step then added to each batch of vegetables toward the end of the cooking time. The quality and flavor of the final product may be inferior to a product made with freshly cooked meat.
4. Add the liquid slowly. Add thickener and cook for 3 to 5 minutes longer, just until sauce thickens. See p. 678 for cornstarch and water ratio. Serve the food immediately after cooking.

TABLE 8.8 Timetable for direct grilling steak

Steak	*Approximate thickness or weight (inches/weight)*	*Approximate cooking time (minutes)*	
		Medium rare (145°F)	*Medium (160°F)*
Chuck Top Blade	1	18	22
Chuck Shoulder	¾	14	17
	1	16	20
Flank	1½ to 2 lb	17	21
Ground Beef Patties	½ × 4 (4/lb)		11–13[a]
Boneless Top Loin	¾	10	12
	1	15	18
Porterhouse/T-bone	¾	10	12
	1	14	16
	1½	20 (covered)	24 (covered)
Rib	¾	6	8
	1	9	12
	1½	22 (covered)	27 (covered)
Rib Eye	¾	6	8
	1	11	14
	1½	17 (covered)	22 (covered)
Top Round	¾	8–9	not recommended
	1	16–18	not recommended
	1½	25–28 (covered)	not recommended
Top Sirloin (boneless)	¾	13	16
	1	17	21
	1½	22 (covered)	26 (covered)
	2	28 (covered)	33 (covered)
Tenderloin	1	13	15
	1½	14 (covered)	16 (covered)

Compiled from materials by National Cattleman's Beef Association (reviewed 2000).

All cook times are based on beef removed directly from the refrigerator.

[a] The FDA 1999 Food Code recommends cooking ground beef to 155°F or above for 15 seconds. USDA recommends cooking ground beef patties to 160°F.

Braising

Braising is a moist-cooking method adapted to the less tender cuts of meat. Certain cuts of veal and thin cuts of pork such as steaks are better if braised, although they are tender. The terms "pot roasting" or "fricasseeing" also apply to this method of cooking. Steps in braising are as follows:

1. Season meat and dredge with flour. Flour increases browning but may be omitted.
2. Brown meat on all sides in a small amount of fat. The meat can be browned in its own fat or added fat. Browning develops the aroma, flavor, and color of the meat. Large cuts can be browned in a heavy pot on top of the range, in a pan in the oven, or in a steam-jacketed kettle. Smaller individual pieces can be browned in a tilting fry pan, on the grill, in the oven, or in the deep-fat fryer.
3. Remove the meat and add the vegetables or mirepoix, approximately 1 ounce per pound of meat. Vegetables add flavor but can be omitted. Thicken with a roux if desired. Return the meat to the pot.
4. Add a small amount of liquid, approximately 2 cups per pound of meat. Liquid should cover one-half to one-third of the meat. Use additional liquid as needed during cooking. Liquids may be a well-seasoned meat stock, tomato juice, or appropriate jus.
5. Cover with tight-fitting lid or aluminum foil. Cook at low temperature until tender. Cook in the oven at 300°–325°F. meat may be simmered in a steam-jacketed kettle or heavy pan on top of the range. See Table 8.9 for approximate cooking times.

TABLE 8.9 Timetable for braising meat

Meat	*Cut*	*Average weight or thickness*	*Approximate total cooking time (hours)*
BEEF	Pot roast	4–6 lb	3–4 hr
	Round steak	1–2½ in	1½–3 hr
	Short ribs	2 × 2 × 4 in	1½–2½ hr
LAMB	Shanks	½ lb ea	1–1½ hr
	Riblets	¾ × 2½ × 3 in	1½–2 hr
PORK	Loin/rib chop (bone-in)	¾ in	30 min
	Boneless loin chop	1½ in	45 min
	Spareribs/back ribs		1½ hr
	Country-style ribs		1½–2 hr
	Shoulder steaks	¼ in	40–50 min
	Cubes	1–1¼ in	45–60 min
	Blade Boston (boneless)	2½–3½ lb	2–2½ hr
	Blade Boston (bone-in)	3–4 lb	2¼–2¾ hr
	Sirloin (boneless)	2½–3½ lb	1¾–2¼ hr
VEAL	Cutlets	½ × 3 × 5½ in	¾–1 hr
	Steaks or chops	½–¾ in	¾–1 hr

Compiled from materials by National Cattlemen's Beef Association, Veal Committee, National Pork Producers Council, and American Lamb Council (reviewed 2000).

TABLE 8.10 Timetable for cooking meat in liquid (large cuts and stews)

		Approximate cooking time	
Cut	*Average size or weight*	*Minutes per pound*	*Total hours*
Fresh beef	4–8 lb	40–50	3–4
Corned beef	6–8 lb	40–50	4–6
Beef shank crosscuts	1–1½ in		2–3
Lamb or veal for stew	1 in cubes		1¼–1½
Beef for stew	1–1½ in cubes		1¾–2¼
Spareribs			2–2½
Country-style ribs			2–2½
Cubes	1–1¼ in cubes		¾–1

Compiled from materials by National Cattlemen's Beef Association, National Pork Producers Council, and American Lamb Council (reviewed 2000).

Cooking in Liquid

A moist cookery method involves cooking meat covered with water or other liquid and is sometimes referred to as simmering, boiling, or stewing. This method is suitable for the least tender cuts, such as shank, neck, and brisket, and for variety meats such as heart and tongue. Following is the procedure for cooking large cuts in liquid:

1. Cover meat with liquid. Water or meat stock may be used and may be hot or cold when added to the meat. If desired, the meat may be browned first, but some cuts such as corned beef, cured and smoked meats, and variety meats generally are not browned.
2. Season with salt and pepper. Herbs, spices, and vegetables add to the variety and flavor of stewed meats. Suggested seasonings are carrots, celery, onions, bay leaves, thyme, marjoram, and parsley.
3. Cover and cook just below the boiling point until tender. Cooking may be in a steam-jacketed kettle, tilting fry pan, or a tightly covered heavy pan on top of the range. See Table 8.10 for approximate cooking times.

Stewing

Stewing is similar to braising but the meat is cut into smaller, bite-size pieces. The amount of liquid added should just cover the meat. Too much liquid will dilute the flavor of the sauce. The liquid should simmer rather than boil during cooking. See Table 8.10 for approximate cooking times.

DEGREE OF DONENESS

Proper cooking is one of the most effective ways to kill harmful bacteria and maintain quality standards. The time required to reach the optimum degree of doneness will vary depending on such things as the equipment, product temperature, product size, and quantity being cooked at one time. Exhibit VI provides color descriptions for beef steaks cooked at varying degrees of doneness. For steaks that are broiled, pan broiled, or grilled, the easiest way to determine doneness is by cutting a small slit and checking the color of the meat near the bone, or near the center of a boneless cut. Ground beef should always be cooked to 155°F or above for 15 seconds. Cooking to 160°F, which is often recommended, provides a safety factor because the time variable is removed.

Color is not always an accurate predictor for end temperature, because of the meat pH or the interaction of beef with other ingredients. End temperatures should be verified with a sanitized thermometer or thermocouple.

BEEF RECIPES

POT ROAST OF BEEF

Yield: 50 portions *Portion:* 3 oz
Oven: 450°F, then reduce to 300°F *Bake:* 30 minutes, 3 hours

Ingredient	*Amount*	*Procedure*
Beef, boneless, inside round	18 lb	Season meat with salt and pepper. Place in roasting pan and brown at 450°F for about 30 minutes.
Salt	1 oz (1½ Tbsp)	
Pepper, black	½ tsp	
Water	2 qt	When meat is browned, add water. Reduce heat to 300°F. Cover and cook slowly until tender (3 hours). Add water as necessary. When meat is done (160°–170°F), remove from pan. Let stand ½ hour before slicing.
Flour, all-purpose	6 oz	Mix flour and cold water, stirring with wire whip until smooth.
Water, cold	1½ cups	Add to drippings in pan.
Water (additional)	as necessary	Remove excess fat if necessary and add water to make 1 gal liquid.
Salt	1 oz (1½ Tbsp)	Add salt and pepper. Cook until thickened.
Pepper, black	½ tsp	

Approximate nutritive values per portion **Calories** 208

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 92 mg	**31%**	**Total Carb.** 3 g	**1%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 2 g	**12%**	**Sodium** 490 mg	**20%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**19%**
Protein 31 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Beef chuck may be used. Increase to 20 lb (AP).
- Meat may be cooked in a steam-jacketed kettle. Brown in a small amount of fat. Add water, salt, and pepper. Cover kettle and cook until tender. Add water as necessary.
- 2 lb carrots, 2 lb celery, and 12 oz onion, cut into chunks, may be added for flavoring during last hour of cooking. See Table 1.3 for amount to use if serving vegetables as an accompaniment.

Variations

- **Savory Pot Roast or Brisket.** Place meat in baking pan. Sprinkle with 5 oz dry onion soup mix. Cover tightly with aluminum foil. Bake at 300°F for 5–6 hours. Remove foil and bake ½ hour longer. Use juice for gravy. If brisket is used, increase to 25 lb. Cooked Barbecue Sauce (p.567) may be added the last half hour of cooking.
- **Smoked Beef Brisket.** Use 25 lb well-trimmed beef brisket. Combine ⅔ cup liquid smoke, 2 Tbsp salt, 2 Tbsp onion salt, ¼ cup celery salt, ¼ cup garlic salt, ½ cup Worcestershire sauce, and 1 oz black pepper. Spread on brisket. Cover with aluminum foil. Seal. Refrigerate overnight. Bake at 275°F for 4 hours covered. Uncover and spread with Barbecue Sauce (p. 567). Bake 1 hour longer. To serve, slice in thin slices across the grain of the meat.
- **Yankee Pot Roast.** Add 1½ qt tomato puree and one bay leaf to the cooking water.

SAUERBRATEN

Yield: 50 portions *Portion:* 4 oz
Oven: 350°F *Bake:* 2–2½ hours

Ingredient	*Amount*	*Procedure*
Red cooking wine	3 cups	Heat to boiling point. Do not boil.
Red wine vinegar	2½ cups	Cool to room temperature.
Water	2½ cups	
Bay leaves	5	
Juniper berries, whole	14	
Peppercorns, black	18	
Beef, boneless, inside round	20 lb	Rub beef with salt and pepper.
Salt	4 oz	
Pepper, black	2 Tbsp	
Onions, sliced	4 lb EP	Place meat and onions in deep pans. Pour marinade over beef. Turn beef to moisten all sides with marinade. Cover tightly. Refrigerate 2 or 3 days, turning the meat twice a day if meat is not covered with marinade. Strain marinade and reserve to pour over beef. Place meat in roasting pan. Pour strained marinade over meat. Cover tightly. Roast at 350°F until internal temperature reaches 145°F. Remove meat from liquid. Reserve liquid for gingersnap sauce. Slice beef. Place in two 2-inch counter pans.
GINGERSNAP SAUCE		
Liquid from roast	3½ qt	Measure liquid from roast. Add water if needed.
Gingersnaps, crushed	1 lb	Add gingersnaps. Bring to boil, stirring constantly until mixture thickens. Ladle gingersnap sauce over beef. Additional sauce may be served with meat.

Approximate nutritive values per portion **Calories** 252

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**13%**	**Cholest.** 102 mg	**34%**	**Total Carb.** 5 g	**2%**	**Vitamin A**	**0%**	**Calcium**	**2%**
Sat. Fat 3 g	**14%**	**Sodium** 936 mg	**39%**	Fiber 1 g	**3%**	**Vitamin C**	**4%**	**Iron**	**22%**
Protein 34 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

PEPPER STEAK

Yield: 50 portions *Portion:* 6 oz meat + 4 oz rice

Ingredient	*Amount*	*Procedure*
Beef round or sirloin, cut into thin strips	13 lb	Cook meat in shortening in kettle or deep frypan until lightly browned, about 10 minutes.
Shortening	8 oz	
Beef Stock (p. 599)	2 qt	Add stock, tomatoes, onions, and seasonings to meat.
Tomatoes, canned, diced	1 No. 10 can	Simmer until tender, 1–1½ hours, stirring occasionally.
Onions, chopped	1 lb	
Garlic	3 cloves, cut in half	
Salt	2 Tbsp	
Green peppers, thinly sliced in rings	12	Add green pepper and cook until tender but firm and brightly colored.
Cornstarch	3 oz	Combine cornstarch, water, and soy sauce into a smooth paste.
Water, cold	2½ cups	
Soy sauce	⅔ cup	Add to meat-vegetable mixture. Cook until thickened (approximately 5 minutes).
Rice, converted	3 lb 8 oz	Cook rice according to directions on p. 399.
Water, boiling	4¼ qt	Serve 6 oz meat mixture over 4 oz rice.
Salt	2 Tbsp	
Margarine or vegetable oil	2 Tbsp	

Approximate nutritive values per portion **Calories** 401

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**17%**	**Cholest.** 68 mg	**23%**	**Total Carb.** 32 g	**11%**	**Vitamin A**	**3%**	**Calcium**	**5%**
Sat. Fat 4 g	**18%**	**Sodium** 1021 mg	**43%**	Fiber 1 g	**5%**	**Vitamin C**	**18%**	**Iron**	**23%**
Protein 42 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

SWISS STEAK

Yield: 50 portions *Portion:* 5 oz
Oven: 350°F *Bake:* 1½–2 hours

Ingredient	*Amount*	*Procedure*
Beef round, sliced, ¾ inch thick	17 lb	Cut meat into portions, 3 per lb.
Flour, all-purpose	1 lb	Mix flour, salt, and pepper. Pound into meat with mallet or cleaver.
Salt	3 oz	
Pepper, black	2 tsp	
Shortening, hot	1 lb 8 oz	Brown meat in shortening. Place, slightly overlapping, in two 12 × 20 × 2-inch counter pans.
Fat (meat drippings), hot	6 oz	Make gravy according to directions on p. 564.
Flour, all-purpose	6 oz	Add 1½ qt gravy to each pan of meat.
Salt	2 tsp	Cover tightly with aluminum foil.
Pepper, black	¾ tsp	Bake at 350°F for 1½–2 hours.
Water or beef stock	3 qt	

Approximate nutritive values per portion **Calories** 363

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 21 g	**32%**	**Cholest.** 87 mg	**29%**	**Total Carb.** 10 g	**3%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 6 g	**29%**	**Sodium** 819 mg	**34%**	Fiber 0.4 g	**1%**	**Vitamin C**	**0%**	**Iron**	**25%**
Protein 33 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Portioned steaks, cut 3 per pound, may be substituted for beef round. Reduce cooking time to 1½ hours.

Variations

- **Chicken-Fried Steak.** Dip portioned steaks or beef cutlets into mixture of 6 eggs and 3 cups milk, then into crumb mixture (1 lb 4 oz bread crumbs, 12 oz flour, 3 oz salt, and 2 Tbsp pepper). Brown steaks in hot shortening. Arrange slightly overlapping in lined counter pans. Cover with aluminum foil. Bake at 325°F for 30–45 minutes or until tender.
- **Country-Fried Steak.** Use beef round cut ⅜ inch thick. Proceed as for Swiss Steak but do not add gravy. Place steaks on racks in roaster or counter pans. Cover bottom of pan with water, 2 cups per pan. Cover with aluminum foil and bake. Make Cream Gravy (p. 563) to serve with the steaks.
- **Spanish Steak.** Substitute Spanish Sauce (p. 574) for gravy.
- **Steak Smothered with Onions.** Proceed as for Swiss Steak. Add 3 lb sliced onions slightly browned.
- **Baked Steak Teriyaki.** Combine 2 cups pineapple juice, drained from canned sliced pineapple, 1 qt water, 1½ cups soy sauce, ½ tsp garlic powder, ¼ tsp ginger, and ¼ cup honey. Bring to a boil. Thicken with 1½ cups cold water and ½ cup cornstarch, mixed. Pour 2 lb 8 oz mixture over each pan of browned steaks. Cover tightly. Bake at 325°F for 1–1½ hours or until tender. Garnish with green pepper rings and pineapple slices.
- **Swiss Steak with Tomatoes.** Substitute 1 No. 10 can tomatoes for the gravy. Add 8 oz chopped onions.

SALISBURY STEAK

Yield: 50 portions *Portion:* 5 oz
Oven: 325°F *Bake:* 25 minutes

Ingredient	*Amount*	*Procedure*
Ground beef	12 lb 8 oz	Combine all ingredients and mix on low speed until blended. Do not overmix.
Bread crumbs	1 lb 8 oz	
Eggs	14 (1 lb 8 oz)	
Onions, chopped	8 oz	
Salt	2½ oz	
Pepper, black	½ tsp	
Milk	4½ cups	
		Portion meat with No. 8 dipper onto lightly greased baking sheets. Flatten slightly. Bake at 325°F for approximately 25 minutes or until internal temperature reaches 180°F. Pour off grease.
Brown Gravy (p. 564)	1 gal	Serve with Brown Gravy.

Approximate nutritive values per portion **Calories** 392

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 25 g	**38%**	**Cholest.** 130 mg	**43%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**11%**	**Calcium**	**8%**
Sat. Fat 8 g	**41%**	**Sodium** 837 mg	**35%**	Fiber 1 g	**3%**	**Vitamin C**	**0%**	**Iron**	**19%**
Protein 24 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Steaks may be browned on a grill.
- 1 oz (½ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.

Variation

- **Bacon-Wrapped Beef.** To 15 lb ground beef, add 4 oz chopped green pepper, 8 oz chopped onion, 2½ cups catsup, 2 Tbsp salt, and 1 Tbsp black pepper. Shape as for Salisbury Steak and wrap one slice bacon around each portion. Place on baking sheet. Bake at 350°F for 30–45 minutes. Internal temperature must reach 155°F for 15 seconds (or 160°F).

CHUCK WAGON STEAK

Yield: 50 portions *Portion:* 6 oz
Oven: 400°F *Bake:* 10–15 minutes

Ingredient	*Amount*	*Procedure*
Ground beef patties, 3 per lb	50	Mix eggs and milk. Dip meat in egg mixture. Drain.
Eggs, beaten	6 (10 oz)	
Milk	1¾ cups	
Bread crumbs, dry	1 lb 3 oz	Combine bread crumbs, flour, and seasonings.
Flour, all-purpose	12 oz	Dredge steaks with crumb mixture and place 3 × 4 onto lightly greased 18 × 26-inch baking sheets.
Salt	1½ tsp	
Pepper, black	½ tsp	Brown steaks in 400°F oven for 10–15 minutes, or until internal temperature reaches 155°F.

Approximate nutritive values per portion **Calories** 374

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 22 g	**34%**	**Cholest.** 116 mg	**39%**	**Total Carb.** 14 g	**5%**	**Vitamin A**	**1%**	**Calcium**	**3%**
Sat. Fat 9 g	**43%**	**Sodium** 238 mg	**10%**	Fiber 1 g	**2%**	**Vitamin C**	**0%**	**Iron**	**18%**
Protein 27 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variation

- **Chuck Wagon Steak on a Bun.** Serve on steak bun, with lettuce and thick slices of tomato and onion.

STIR-FRIED BEEF WITH SUGAR SNAP PEAS

Yield: 50 portions *Portion:* 7 oz beef and sauce + 4 oz rice

Ingredient	*Amount*	*Procedure*
Sugar, granulated	2 Tbsp	Combine sugar, pepper, and cornstarch in steam-jacketed or other kettle.
Cornstarch	8 oz	
Pepper, white	¾ tsp	
Water, cold	1¼ gal	Add gradually to dry ingredients, stirring constantly with wire whip.
Beef soup base	4 oz	
Molasses	4 oz	Cook and stir until mixture thickens and looks clear.
Soy sauce	8 oz	Reduce heat. Cover and keep warm for use in final step.
Vegetable oil	¼ cup	Pour enough vegetable oil into a large or tilting frypan just to cover bottom of pan. Heat to 375°F.
Tender beef strips	5 lb	Add beef strips. Stir-fry until done, 155°F.
Garlic, minced	1½ oz	Add to beef and stir-fry until peas are tender-crisp.
Sugar snap peas	4 lb	
Water chestnuts, canned, sliced, drained	3 lb	
		Stir in sauce reserved from earlier step. Serve immediately.
Rice, converted	3 lb 8 oz	Cook rice according to directions on p. 399.
Water	4¼ qt	Serve 7 oz beef mixture over 4 oz cooked rice.
Salt	2 Tbsp	
Margarine	2 Tbsp	

Approximate nutritive values per portion **Calories** 270

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 24 mg	**8%**	**Total Carb.** 39 g	**13%**	**Vitamin A**	**0%**	**Calcium**	**6%**
Sat. Fat 2 g	**12%**	**Sodium** 1095 mg	**46%**	Fiber 1 g	**3%**	**Vitamin C**	**28%**	**Iron**	**18%**
Protein 12 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Snow peas may be substituted for sugar snap peas.
- Caramel color may be used to darken sauce.

KABOBS

Yield: 50 portions *Portion:* 1 kabob
Oven: 400°F *Bake:* 15–20 minutes

Ingredient	*Amount*	*Procedure*
Beef (tender), cut in 1½-inch cubes	20 lb	Place beef in stainless steel baker's bowl.
Salad oil	2 lb	Combine oil and seasonings.
Soy sauce	2½ cups	Pour over beef cubes to cover completely.
Lemon juice	2 cups	Refrigerate for 24–36 hours.
Worcestershire sauce	1 cup	Drain well. Discard marinade.
Prepared mustard	1 cup	
Garlic, fresh, minced	½ oz	
Pepper, black	1 oz (4 Tbsp)	
Green peppers, fresh	1 lb 6 oz	Cut peppers into ¾-inch squares.
Onions, whole, canned	4 lb	Thread beef cubes (5 oz), green pepper, onions, and pineapple alternately on skewer. Do not crowd.
Pineapple, fresh or fresh frozen chunks	2 lb	Place on oiled 18 × 26 × 1-inch baking sheets. Bake at 400°F for approximately 8–10 minutes.
Skewers, bamboo	50	Turn. Continue baking for 5–10 minutes more; total 15–20 minutes, depending on degree of doneness desired (must reach at least 140°F).
Cherry tomatoes	1 lb 10 oz	Place a cherry tomato on tip of each skewer. Place in 12 × 20 × 2-inch pans with liners. Keep hot.

Approximate nutritive values per portion **Calories** 484

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 30 g	**47%**	**Cholest.** 91 mg	**30%**	**Total Carb.** 7 g	**2%**	**Vitamin A**	**14%**	**Calcium**	**4%**
Sat. Fat 9 g	**45%**	**Sodium** 1056 mg	**44%**	Fiber 0.4 g	**2%**	**Vitamin C**	**48%**	**Iron**	**25%**
Protein 44 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Other garnishes may be substituted for those listed in recipe: tomato quarters, mandarin orange sections, carrot chunks (slightly cooked), stuffed olives, button mushrooms. Poultry or shellfish may be substituted for the beef. Marinate only 12–24 hours.

BEEF LIVER WITH SPANISH SAUCE

Yield: 50 portions *Portion:* 4 oz
Oven: 350°F *Bake:* 1 hour

Ingredient	*Amount*	*Procedure*
Beef liver, sliced, cut 5 per lb	10 lb	Dredge liver with seasoned flour.
Flour, all-purpose	8 oz	
Salt	2 oz (3 Tbsp)	
Pepper, black	2 tsp	
Shortening	1 lb 8 oz	Brown liver in hot shortening. Place in two 12 × 20 × 2-inch baking pans.
Spanish Sauce (p. 574)	1 recipe	Pour sauce over liver, 5 cups per pan. Cover with aluminum foil. Bake at 350°F until tender, about 1 hour depending on the degree of doneness desired. Internal temperature of liver must reach at least 145°F.

Approximate nutritive values per portion **Calories** 273

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 18 g	**28%**	**Cholest.** 284 mg	**95%**	**Total Carb.** 10 g	**3%**	**Vitamin A**	**634%**	**Calcium**	**1%**
Sat. Fat 5 g	**25%**	**Sodium** 562 mg	**23%**	Fiber 1 g	**2%**	**Vitamin C**	**26%**	**Iron**	**26%**
Protein 17 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Liver may be soaked in milk before cooking.

Variations

- **Baked Liver and Onions.** Brown liver as above. Sauté 5 lb sliced onions in 8 oz shortening. Arrange liver in two counter pans. Spread onions over liver. Cover pans with aluminum foil. Bake 30–40 minutes.
- **Braised Liver.** Brown liver as above. Cover with sauce made of 10 oz shortening, 5 oz flour, 3 qt beef stock, 2 oz salt, and 2 tsp pepper.
- **Grilled Liver and Onions.** Have liver cut ⅜ inch thick. Preheat grill to 350°F. Oil grill slightly. Cook liver quickly, browning on one side, then turning and browning on the other side. Serve immediately with steamed or grilled sliced onions.
- **Liver and Bacon.** Dredge liver with seasoned flour and fry in bacon fat. Top each serving with one slice of crisp bacon.

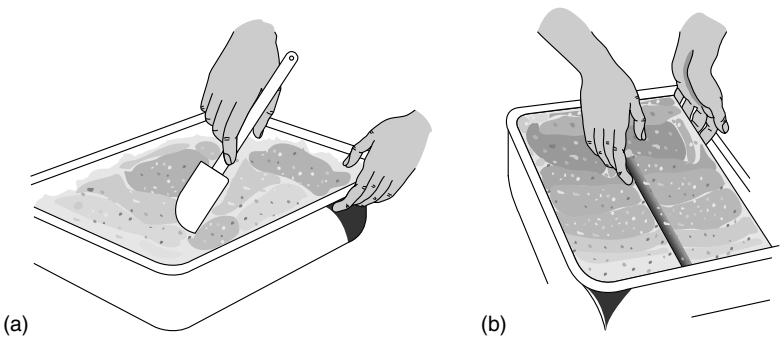

FIGURE 8.1 Shaping meat loaf. (a) Press mixture into counter pans, then smooth top. (b) Form into two loaves.

MEAT LOAF

Yield: 50 portions or 5 loaves 5 × 9 inches *Portion:* 4 oz
Oven: 325°F *Bake:* 1½ hours

Ingredient	*Amount*	*Procedure*
Ground beef	10 lb	Mix all ingredients on low speed until blended, using flat beater. Do not overmix.
Ground pork	2 lb	Press meat mixture into five 5 × 9-inch pans, 3 lb 4 oz per pan.
Bread crumbs, soft	12 oz	Bake at 325°F for approximately 1½ hours, or until internal temperature reaches 180°F.
Milk	1 qt	Meat loaf may also be made in a 12 × 20 × 4-inch counter pan.
Eggs	12 (1 lb 5 oz)	Press mixture into pan. Divide into two loaves (Figure 8.1). Increase baking time to 2 hours.
Onion, finely chopped	4 oz	
Salt	2 Tbsp	
Pepper, black	1 tsp	
Pepper, cayenne	few grains	

Approximate nutritive values per portion **Calories** 276

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 18 g	**28%**	**Cholest.** 120 mg	**40%**	**Total Carb.** 6 g	**2%**	**Vitamin A**	**3%**	**Calcium**	**5%**
Sat. Fat 7 g	**36%**	**Sodium** 376 mg	**16%**	Fiber 0.3 g	**1%**	**Vitamin C**	**0%**	**Iron**	**15%**
Protein 21 g				Sugars 1 g					

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Notes

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- Ground pork may be omitted. Increase ground beef to 12 lb.
- Topping of 8 oz brown sugar, 2 Tbsp dry mustard, 1¼ cups catsup, and 1 Tbsp nutmeg may be spread over loaves the last ½ hour of cooking.
- ½ oz (¼ cup) dehydrated onions, rehydrated in ½ cup water, may be substituted for fresh onions.

Variations

- **Barbecued Meatballs.** Measure with No. 8 dipper and shape into balls. Cover with 1 gal Barbecue Sauce (p. 567).
- **Italian Meatballs.** Omit cayenne pepper. Increase onion to 8 oz. Add ¼ cup minced garlic, 1 cup grated Parmesan cheese, 1 cup grated Romano cheese, 1½ cups chopped fresh parsley, and 4 tsp dried oregano leaves. Proceed as for Swedish Meatballs, p. 335. If adding to Italian Tomato Sauce, cook until partially done. Add to sauce and continue cooking until done.
- **Meatballs.** Measure with No. 8 dipper and shape into balls. Proceed as for Swedish Meatballs (p. 335) or Spaghetti with Meatballs (p. 393).
- **Vegetable Meat Loaf.** Add 2 cups catsup; 8 oz each raw carrots, onions, and celery; and 4 oz green peppers. Grind vegetables. Pour a small amount of tomato juice over loaves before baking.

SPANISH MEATBALLS

Yield: 50 portions *Portion:* 2 3-oz meatballs
Oven: 325°F *Bake:* 1½ hours

Ingredient	*Amount*	*Procedure*
Rice, converted	1 lb 2 oz	Cook rice (p. 399) until slightly underdone.
Water	1¼ qt	Drain off excess liquid.
Salt	1 tsp	
Ground beef	12 lb	Place ground beef in mixer bowl.
Eggs	12 (1 lb 5 oz)	Add cooked rice and other ingredients.
Potatoes, cooked and mashed	1 lb	Mix until blended, using flat beater. Do not overmix.
Onion, grated	4 oz	
Green peppers, chopped	4 oz	
Salt	2 oz (3 Tbsp)	
Pepper, black	1½ Tbsp	
		Form meatballs, using a No. 12 dipper. Place in a single layer on two 12 × 20 × 2-inch baking pans.
		Bake at 325°F for 1½ hours, or until internal temperature of meatballs reaches 180°F.
		Drain off fat.
Chili sauce	3 qt	Mix chili sauce and water.
Water	2 qt	Pour over meatballs.
		Cover tightly and bake an additional 30 minutes. Add more liquid if necessary.

Approximate nutritive values per portion **Calories** 348

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 18 g	**27%**	**Cholest.** 117 mg	**39%**	**Total Carb.** 25 g	**8%**	**Vitamin A**	**10%**	**Calcium**	**3%**
Sat. Fat 7 g	**34%**	**Sodium** 1344 mg	**56%**	Fiber 0.4 g	**2%**	**Vitamin C**	**17%**	**Iron**	**15%**
Protein 22 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Spanish Sauce (p. 574) or tomato puree may be substituted for chili sauce.
- ½ oz (¼ cup) dehydrated onions, rehydrated in ½ cup water, may be substituted for fresh onions.

SWEDISH MEATBALLS

Yield: 50 portions *Portion:* 2 2½-oz meatballs
Oven: 300°F *Bake:* 1 hour

Ingredient	*Amount*	*Procedure*
Bread, cubed	2 lb 8 oz	Soak bread in milk for 1 hour.
Milk	1½ qt	
Ground beef	5 lb	Combine meat, potato, onion, and seasonings in mixer bowl.
Ground pork	3 lb	Add bread. Mix to blend, using flat beater. Do not overmix.
Potato, raw, grated	1 lb 4 oz	
Onion, minced	12 oz	
Salt	2 oz	
Pepper, black	2 tsp	
		Form meatballs, using a No. 16 dipper. Place in a single layer on baking pans.
		Brown in hot oven (400°F).
		Transfer to two 12 × 20 × 2-inch counter pans.
Meat drippings	6 oz	Add flour and seasonings to meat drippings and blend.
Flour, all-purpose	6 oz	Add milk gradually, stirring constantly with a wire whip.
Salt	2 tsp	Cook until smooth and thickened.
Pepper, black	¾ tsp	Pour over meatballs.
Milk	3 qt	Bake at 300°F for 1 hour, or until internal temperature of meatballs reaches 180°F.

Approximate nutritive values per portion **Calories** 292

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 15 g	**23%**	**Cholest.** 56 mg	**19%**	**Total Carb.** 20 g	**7%**	**Vitamin A**	**4%**	**Calcium**	**16%**
Sat. Fat 6 g	**30%**	**Sodium** 768 mg	**32%**	Fiber 3 g	**11%**	**Vitamin C**	**3%**	**Iron**	**15%**
Protein 20 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Veal or ground turkey may be substituted for part of beef.
- 1½ oz (¾ cup) dehydrated onions, rehydrated in 1 cup water, may be substituted for fresh onions.

BEEF STEW

Yield: 50 portions *Portion:* 7 oz

Ingredient	*Amount*	*Procedure*
Beef, 1-inch cubes	15 lb AP (10 lb EP)	Brown beef in kettle or oven.
Water	2 qt	Add water and seasonings to meat.
Salt	2 oz (3 Tbsp)	Cover and simmer 2 hours. Add more water as necessary.
Pepper, black	2 tsp	
Worcestershire sauce	¾ cup	
Potatoes, cubed	4 lb	Cook vegetables in steamer or in small amount of water in kettle or oven.
Carrots, sliced or cubed	3 lb	
Onion, cubed	1 lb	
Celery, diced	12 oz	
Flour, all-purpose	12 oz	Mix flour and water until smooth.
Water	1 qt	Add to meat and cook until thickened.
		Add vegetables and, if necessary, return heat to 180°F.

Approximate nutritive values per portion **Calories** 236

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**10%**	**Cholest.** 77 mg	**26%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**65%**	**Calcium**	**2%**
Sat. Fat 2 g	**10%**	**Sodium** 543 mg	**23%**	Fiber 1 g	**2%**	**Vitamin C**	**17%**	**Iron**	**20%**
Protein 27 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- One 40-oz package of frozen green peas may be added just before serving. Reheat to serving temperature.

Variations

- **Beef Pot Pie.** Add one 40-oz package of frozen peas. Place cooked stew in two 12 × 20 × 2-inch counter pans, 13 lb per pan. Make Pastry for One-Crust Pies (p. 224). Roll out 2 lb per pan and place on stew. Bake at 425°F for 20–25 minutes.
- **Beef Stew with Biscuits.** Place hot stew in two 12 × 20 × 2-inch counter pans. Prepare ½ recipe of Baking Powder Biscuits (p. 110). Cut into 48 2½-inch biscuits. Place on hot stew, 24 per pan. Bake at 425°F for 15–20 minutes.
- **Beef Stew with Dumplings.** Drop Dumplings (p. 132) on meat mixture and steam 15–18 minutes.
- **Beef Stew with Tomatoes.** Delete carrots and celery. Add 4 lb diced canned tomatoes and 1 lb 8 oz green pepper strips the last 5 minutes of cooking.

GREEN CHILI STEW AND CORN BREAD

Yield: 50 portions *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Beef, strips or cubes	5 lb	Brown beef in steam-jacketed or other large kettle.
Water	1 gal	Add water. Cover and simmer until tender.
Green chili peppers, canned	5 lb	Add vegetables and spices. Cover and simmer until onion is cooked (approximately 30 minutes).
Pinto beans, canned, drained	3 lb 8 oz	
Tomatoes, canned, diced	2 qt	
Onions, chopped	2 lb	
Garlic, minced	1 oz	
Salt	2½ Tbsp	
Cumin	1 Tbsp	
Oregano leaves, dried	1 Tbsp	
Corn Bread (p. 122)	1 recipe	Serve 8 oz of stew in a bowl with a wedge of Corn Bread alongside.

Approximate nutritive values per portion **Calories** 323

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**15%**	**Cholest.** 56 mg	**19%**	**Total Carb.** 41 g	**14%**	**Vitamin A**	**32%**	**Calcium**	**17%**
Sat. Fat 3 g	**15%**	**Sodium** 1014 mg	**42%**	Fiber 5 g	**18%**	**Vitamin C**	**58%**	**Iron**	**17%**
Protein 18 g				Sugars 8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

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BEEF STROGANOFF

Yield: 50 portions or 2 gal *Portion:* 6 oz Stroganoff + 4 oz noodles

Ingredient	*Amount*	*Procedure*
Beef round, cut in ¼-inch strips	12 lb	Brown meat in shortening.
Shortening	8 oz	Add onion and seasonings.
Onion, chopped	1 lb 4 oz	
Salt	1 Tbsp	
Pepper, black	1 tsp	
Beef Stock (p. 599)	2½ qt	Add stock to meat and simmer 35–40 minutes or until meat is tender.
Flour, all-purpose	8 oz	Mix flour, water, and Worcestershire sauce and stir until smooth.
Water, cold	2 cups	Add to meat while stirring and cook until thickened.
Worcestershire sauce	¾ cup	
Mushrooms, fresh, sliced	2 lb 8 oz	Sauté mushrooms in margarine.
Margarine, melted	4 oz	
Sour cream	1 qt	Add sour cream to meat mixture, stirring constantly. Add mushrooms. Heat to 180°F.
Noodles	4 lb 8 oz	Cook noodles according to directions on p. 369.
Water	4½ gal	Serve 6 oz Stroganoff over 4 oz noodles.
Salt	2 oz	
Vegetable oil	3 Tbsp	

Approximate nutritive values per portion **Calories** 597

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 17 g	**26%**	**Cholest.** 92 mg	**31%**	**Total Carb.** 50 g	**17%**	**Vitamin A**	**6%**	**Calcium**	**7%**
Sat. Fat 6 g	**29%**	**Sodium** 1180 mg	**49%**	Fiber 3 g	**11%**	**Vitamin C**	**15%**	**Iron**	**26%**
Protein 61 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- May be served over rice. Cook 3 lb 8 oz rice in 4¼ qt water, 2 Tbsp salt, and 2 Tbsp oil. See p. 399.

Variation

- **Ground-Beef Stroganoff.** Substitute ground beef for beef round. Add 1 lb 8 oz chopped celery, ¼ cup paprika, ¼ cup Worcestershire sauce, and 2 tsp dry mustard.

CHOP SUEY

Yield: 50 portions *Portion:* 5 oz chop suey + 4 oz rice

Ingredient	*Amount*	*Procedure*
Beef, julienne strips Pork, julienne strips	5 lb 2 lb	Brown meat in steam-jacketed or other kettle.
Water Salt	2 qt 2 tsp	Add water and salt to meat. Simmer until tender.
Cornstarch Water, cold	8 oz 1¼ cups	Make a smooth paste of cornstarch and water. Pour slowly into meat and broth, stirring constantly while pouring. Cook until thickened.
Soy sauce Worcestershire sauce	1 cup 1 cup	Add soy sauce and Worcestershire sauce. Stir to blend.
Green peppers, sliced Onions, sliced Celery, diagonally sliced	4 oz 1 lb 2 lb	Steam vegetables until tender crisp.
Bean sprouts, canned, undrained	3 lb	Add bean sprouts and vegetables to meat mixture just before serving.
Rice, converted Water Salt Margarine or vegetable oil	3 lb 8 oz 4¼ qt 2 Tbsp 2 Tbsp	Cook rice according to directions on p. 399. Serve 5 oz chop suey over 4 oz rice.

Approximate nutritive values per portion **Calories** 247

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**7%**	**Cholest.** 34 mg	**11%**	**Total Carb.** 34 g	**11%**	**Vitamin A**	**2%**	**Calcium**	**6%**
Sat. Fat 1 g	**7%**	**Sodium** 746 mg	**31%**	Fiber 1 g	**4%**	**Vitamin C**	**30%**	**Iron**	**16%**
Protein 16 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 8 oz water chestnuts may be added.
- May be served over 2 oz chow mein noodles (6 lb) instead of rice.

Variation

- **Chicken Chow Mein.** Substitute cubed, cooked chicken or turkey for beef and pork; chicken stock for water. Delete green peppers and add 1 lb sliced mushrooms. Serve over rice or chow mein noodles.

VEGETABLE CHOW MEIN

Yield: 50 portions *Portion:* 6 oz chow mein + 2 oz noodles

Ingredient	*Amount*	*Procedure*
Water	5¼ qt	Combine in steam-jacketed kettle.
Sugar, granulated	2 oz	Heat to a simmer.
Salt	2¼ tsp	
Pepper, white	1 tsp	
Ginger, ground	1 tsp	
Garlic powder	1 tsp	
Soy sauce	1¼ cups	
Cornstarch	10 oz	Blend cornstarch, water, and soup base to a smooth paste.
Water	2¼ cups	Add slowly to broth, stirring constantly.
Chicken base	¾ oz	Cook until thickened and clear.
Bamboo shoots, canned	12 oz	Drain vegetables. Rinse and drain again.
Bean sprouts, canned	1 lb 4 oz	Add to mixture in kettle.
Water chestnuts, canned, sliced	1 lb	
Celery	12 oz	Cut celery into diagonal slices.
Onions	8 oz	Dice onions into ½-inch cubes.
Carrots	1 lb 4 oz	Cut carrots into matchsticks. Steam vegetables until tender-crisp. Add to mixture.
Pimiento, canned, chopped, drained	4 oz	Add to mixture.
Mushrooms, canned, drained	1 lb	
Broccoli, fresh	1 lb 8 oz	Divide broccoli tops into florets. Cut stalks into ¼-inch slices.
Green peppers	4 oz	Cut green peppers into ½-inch squares. Steam until tender-crisp.
		Scale sauce into two 12 × 10 × 6-inch pans, approximately 9 lb per pan. Stir 12 oz broccoli and 2 oz peppers into each pan.
Chow mein noodles	6 lb	Ladle 6 oz Chow Mein over 2 oz chow mein noodles.

Approximate nutritive values per portion **Calories** 346

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 17 g	**27%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 43 g	**15%**	**Vitamin A**	**34%**	**Calcium**	**3%**
Sat. Fat 2 g	**12%**	**Sodium** 883 mg	**37%**	Fiber 3 g	**12%**	**Vitamin C**	**25%**	**Iron**	**18%**
Protein 7 g				Sugars 3 g					

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Notes

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- May be served over rice instead of chow mein noodles. Cook 3 lb 8 oz rice according to directions on p. 399.

PIZZA

Yield: 48 portions or 3 pans 18 × 26 × 1 inches or 6 round 14-inch pans *Portion:* 7 oz
Oven: Baking sheet, 475°F for 10–12 minutes; round, 500°F for 5–8 minutes

Ingredient	*Amount*	*Procedure*
DOUGH		
Flour, all-purpose	5 lb	Place flour, salt, sugar, and dry milk in mixer bowl. Mix on low speed, using dough hook.
Salt	1½ oz	
Sugar, granulated	4 oz	
Nonfat dry milk	2 oz	
Yeast, active dry (see Notes)	1½ oz	Soften yeast in warm water.
Water, warm (110°F)	1½ qt	
Shortening	4 oz	Add softened yeast and shortening to dry ingredients. Mix on low speed to form dough. Continue kneading until smooth and elastic. Cover and let rise until double in bulk, about 2 hours.
		Punch down dough according to directions on p. 137 and let rest 45 minutes.
PIZZA SAUCE		
Onions, chopped	12 oz	Cook onions in fat until transparent.
Shortening or oil	1 oz	Add tomatoes, sugar, and seasonings.
Tomato juice	2 qt	Heat to boiling. Reduce heat and simmer 30–45 minutes. Cool.
Tomato paste	1 qt	Remove bay leaves.
Sugar, granulated	2 oz	Spread sauce over dough, 1 qt per 18 × 26-inch pan or 1-1¼ cups per 14-inch round pan. (See Table 8.11 for portioning guidelines.)
Oregano, dried, crumbled	1 Tbsp	
Basil, dried, crumbled	2 Tbsp	
Garlic powder	1 tsp	
Pepper, black	1 tsp	
Bay leaves	3 leaves	
SEASONED BEEF		
Ground beef	9 lb	Brown beef in steam-jacketed kettle or pan until internal temperature reads 155°F for 15 seconds. Drain well.
Salt	1 Tbsp	
Fennel seed	1 tsp	Add seasonings, stirring to distribute.
Paprika	1 tsp	Sprinkle evenly over tomato sauce, approximately 1 lb 8 oz per 18 × 26 × 1-inch pan, 8 oz per 14-inch round pan.
Pepper, cayenne	½ tsp	
Oregano, dried, crumbled	1 tsp	
Basil, dried, crumbled	1 Tbsp	

TABLE 8.11 Portioning guidelines for pizza

Size (round) (in)	*Sauce (oz)*	*Cheese (oz)*	*Dough (oz)*
7	1½	2	4–6
10	3	3½	12–14
12	4	6	16–20
14	6	8	16–22
16	8	12	26

Note • Amount of dough will vary depending on whether a thin, medium, or thick crust is desired.

Notes

- Active dry yeast may be mixed with dry ingredients. See p. 136 for procedure.
- Sausage (4 lb 8 oz) may be substituted for 4 lb 8 oz ground beef. Omit fennel, paprika, cayenne pepper, and garlic.
- Dough may be mixed and refrigerated for use up to 24 hours later. Remove dough from refrigerator and let sit at room temperature for 1–1½ hours before shaping. Shape into dough rounds and let rise 1 hour before topping.
- Bake within 30 minutes after topping to prevent a doughy layer. Once the doughy layer has formed, it cannot be reversed.

Variations for Making 14" Round Pizzas

- **Ground Beef and Mushroom Pizza.** Layer in the following order: 10 oz sauce; 8 oz shredded mozzarella cheese; 8 oz seasoned ground beef; 3 oz canned sliced mushrooms, drained; and 3 oz shredded mozzarella cheese.
- **Ground-Beef Pizza Supreme.** Layer in the following order: 10 oz sauce; 8 oz shredded mozzarella cheese; 8 oz seasoned beef; 1 oz each of diced onions, chopped green peppers, and sliced ripe olives; and 3 oz shredded mozzarella cheese.
- **Pepperoni Pizza.** Layer in the following order: 10 oz sauce, 8 oz shredded mozzarella cheese, 2 oz sliced pepperoni (arranged evenly over the top), and 3 oz mozzarella cheese.
- **Triple Cheese Pizza.** Layer in the following order: 10 oz sauce, 8 oz shredded mozzarella cheese, 4 oz shredded Monterey Jack cheese, and 4 oz shredded cheddar cheese.
- **Garden Pizza.** Layer in the following order: 10 oz sauce; 6 oz shredded mozzarella cheese; 2 oz shredded cheddar cheese; 1 oz each of diced green peppers, sliced canned mushrooms, diced onion, and sliced ripe olives.

Assembly and Baking

If using 18 × 26 × 1-inch baking sheet:

1. Divide dough into three portions, 2 lb 8 oz each. Roll out very thin, stretching to fit three 18 × 26 × 1-inch baking sheets. Allow 1¼ inches to extend up sides of pan.
2. Spread 1 qt sauce over dough.
3. Sprinkle 1 lb 8 oz seasoned beef over sauce.
4. Top each pan with 1 lb 4 oz mozzarella cheese.
5. Bake at 475°F for 10–20 minutes in a conventional oven.
6. Cut each pan 2 × 4 and then each of the 8 pieces diagonally, yielding 16 pie-shaped portions per pan (48 slices).

If using 14-inch round pans:

1. Prepare six 14-inch pans by spraying lightly with vegetable spray.
2. Press 1 lb 6 oz dough into pans, allowing 1 inch to extend up sides.
3. Perforate dough with fork or dough docker.
4. Choose pizza topping from Variations and layer in the order given.
5. Bake until crust is browned, sauce is bubbly and cheese is melted. (See Table 8.12 for time and temperature guidelines.)
6. Cut each pizza into 8 slices, yielding 8 portions per pan (48 slices).

Approximate nutritive values per portion **Calories** 502

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 21 g	**33%**	**Cholest.** 72 mg	**24%**	**Total Carb.** 50 g	**17%**	**Vitamin A**	**21%**	**Calcium**	**23%**
Sat. Fat 9 g	**47%**	**Sodium** 958 mg	**40%**	Fiber 4 g	**15%**	**Vitamin C**	**42%**	**Iron**	**27%**
Protein 28 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

TABLE 8.12 Approximate temperatures and times for cooking pizza

Oven type	*Temp. (°F)*	*6–8 in (min)*	*10–12 in (min)*	*14–17 in (min)*
Convection	325	10–12	12–15	16–20
Conveyor	500	5–7	5–7	5–7
Conventional	450	13–15	15–18	18–22
Deck	450	13–15	15–18	18–22
Pizza Deck	500	8–10	10–12	10–14

TACO SALAD CASSEROLE

Yield: 48 portions or 3 pans 12 × 20 × 2 inches *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Corn chips	2 lb 8 oz	Spread corn chips in bottoms of three 12 × 20 × 2-inch counter pans, 14 oz per pan.
Ground beef	8 lb AP	Brown meat in steam-jacketed kettle until internal temperature reaches 155°F for 15 seconds. Drain off fat.
Onions, minced Garlic, minced	8 oz 3 cloves	Add onions and garlic to meat. Cook until tender.
Flour, all-purpose Tomato juice	3 oz 1¼ qt	Combine flour and tomato juice and add to meat mixture.
Vinegar, cider Catsup Chili sauce Sugar, granulated Salt Pepper, black Chili powder Pepper, cayenne Hot pepper sauce Worcestershire sauce Red beans, canned	2 Tbsp 1½ cups 1 cup 2 Tbsp 2 Tbsp ½ tsp 2 tsp ¼ tsp ¾ tsp 1 tsp 3 lb 12 oz	Add to meat mixture. Blend. Heat until very hot. Scale 4 lb 5 oz meat sauce over each pan of chips. Keep warm and serve soon after vegetables are layered on top. (See Notes for an alternate assembly method.)
Lettuce, chopped Green peppers, chopped Onions, finely chopped Tomatoes, fresh, diced	4 lb 12 oz 12 oz 2 lb 10 oz	Combine vegetables. Mix gently. Sprinkle over hot meat mixture, 2 lb 8 oz per pan.
Processed cheese, shredded	2 lb 10 oz	Sprinkle 14 oz cheese over each pan. Cut 4 × 4. Serve immediately.

Approximate nutritive values per portion **Calories** 422

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 24 g	**37%**	**Cholest.** 60 mg	**20%**	**Total Carb.** 30 g	**10%**	**Vitamin A**	**20%**	**Calcium**	**27%**
Sat. Fat 10 g	**48%**	**Sodium** 1183 mg	**49%**	Fiber 5 g	**18%**	**Vitamin C**	**34%**	**Iron**	**18%**
Protein 22 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Serve within 30 minutes after preparation. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures.
- Chips will become soggy if held for very long. Spread meat on chips only as needed.
- Casserole may be assembled on each plate individually. Place ¾ oz taco chips on plate. Ladle 4 oz hot meat mixture over chips and top with 2½ oz salad mixture and ¾ oz shredded cheese.
- Serve with Salsa Sauce (p. 568) or commercial salsa.
- 1 oz (½ cup) dehydrated onion, rehydrated in ¾ cup water, may be substituted for the fresh onions that are added to the ground beef.

SPANISH RICE

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz
Oven: 350°F *Bake:* 1 hour

Ingredient	*Amount*	*Procedure*
Rice, converted	2 lb 8 oz	Cook rice according to directions on p. 399
Water, boiling	3 qt	
Salt	1 oz (1½ Tbsp)	
Vegetable oil	2 Tbsp	
Ground beef	7 lb	Cook beef until internal temperature reaches 155°F.
Onions, chopped	1 lb 8 oz	Add onion, peppers, and celery to meat.
Green pepper, chopped	8 oz	Cook about 10 minutes.
Celery, chopped	8 oz	
Tomatoes, canned, diced	1 No. 10 can	Add remaining ingredients to meat mixture.
Chili sauce	3 cups	Combine with cooked rice.
Tomato paste	3 cups	Scale into two 12 × 20 × 2-inch pans, 15 lb per pan.
Salt	2 oz (3 Tbsp)	Bake at 350°F for 1 hour.
Pepper, black	¼ tsp	
Pepper, cayenne	few grains	
Sugar, granulated	2 Tbsp	
Water	2 cups	

Approximate nutritive values per portion **Calories** 260

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**15%**	**Cholest.** 38 mg	**13%**	**Total Carb.** 30 g	**10%**	**Vitamin A**	**9%**	**Calcium**	**5%**
Sat. Fat 4 g	**18%**	**Sodium** 1115 mg	**46%**	Fiber 2 g	**7%**	**Vitamin C**	**37%**	**Iron**	**15%**
Protein 14 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 3 lb bacon, diced and cooked, may be substituted for the ground beef.
- 3 oz (1½ cups) dehydrated onions, rehydrated in 2 cups water, may be substituted for fresh onions.

Variation

- **Stuffed Peppers.** Wash 25 large green peppers and remove stem end. Cut peppers in half lengthwise. Remove seeds and tough white portion. Place in baking pans and steam or parboil for 3–5 minutes. Place No. 8 dipper of Spanish Rice in each pepper half. Combine 2 50-oz cans tomato soup and 2 qt tomato sauce. Ladle 2 oz over each pepper. Bake at 350°F for 45–60 minutes. Ladle extra sauce over peppers during baking.

CHEESEBURGER PIE

Yield: 48 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz (6 oz meat)
Oven: 400°F *Bake:* 30–35 minutes

Ingredient	*Amount*	*Procedure*
Ground beef	12 lb AP (8 lb EP)	Brown beef in steam-jacketed or other kettle until internal temperature reaches 155°F. Drain off fat.
Onions, chopped Green peppers, chopped	1 lb 4 oz 1 lb 4 oz	Add onions and green peppers to meat. Cook until vegetables are tender.
Garlic powder Salt Chili powder Cumin, ground Pepper, cayenne Sugar, brown Tomatoes, diced, canned	1 tsp 1 oz (1½ Tbsp) 3 oz 1 tsp ¼ tsp 1 oz 7 lb 12 oz	Add seasonings and tomatoes. Simmer 30 minutes or until thick. Scale meat mixture into two 12 × 20 × 2-inch pans, 9 lb per pan.
CHEESE BISCUIT TOPPING		
Flour, all-purpose Baking powder Salt Dry mustard Nonfat dry milk	2 lb 14 oz 2¾ oz (6 Tbsp) 2 Tbsp 1 tsp 7 oz	Combine dry ingredients in mixer bowl on low speed for 1 minute, using flat beater.
Shortening Processed cheese, shredded	12 oz 10 oz	Cut shortening and cheese into flour on low speed for 1–1½ minutes.
Water	1½ qt	Add water to make a thick batter. Mix only until flour is moistened.
		With No. 20 dipper, place topping 4 × 6 over meat mixture just before baking. Bake at 400°F for 30–35 minutes. Cut 4 × 6.

Approximate nutritive values per portion **Calories** 432

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 24 g	**36%**	**Cholest.** 65 mg	**22%**	**Total Carb.** 30 g	**10%**	**Vitamin A**	**20%**	**Calcium**	**24%**
Sat. Fat 8 g	**42%**	**Sodium** 892 mg	**37%**	Fiber 2 g	**9%**	**Vitamin C**	**39%**	**Iron**	**24%**
Protein 25 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 2½ oz (1¼ cups) dehydrated onions, rehydrated in 2 cups water, may be substituted for fresh onions.

VEAL RECIPES

VEAL BIRDS

Yield: 50 portions *Portion:* 4 oz
Oven: 300°F *Bake:* 2 hours

Ingredient	*Amount*	*Procedure*
Margarine	8 oz	Sauté onion and celery in margarine.
Onions, finely chopped	8 oz	
Celery, finely chopped	8 oz	
Beef base	1½ oz	Combine beef base, seasonings, and water. Add to sautéed vegetables.
Salt	1 tsp (see Notes)	
Pepper, black	1½ tsp	
Sage, ground	1 Tbsp	
Water	2 qt	
Bread, dry, cubed	2 lb	Add bread gradually to vegetable mixture, tossing lightly until thoroughly mixed.
Veal cutlets, 4 oz	50	Place No. 16 dipper of bread mixture on each piece of meat. Roll and fasten with a pick.
Flour, all-purpose	8 oz	Combine flour and salt.
Salt	2 oz	Roll each "bird" in flour and brown in hot shortening.
Shortening	1 lb 8 oz	Place in two 12 × 20 × 2-inch counter pans.
Water	1 qt	Add 2 cups water to each pan. Cover with aluminum foil. Bake at 300°F for 1½–2 hours. (Internal temperature 165°F.)

Approximate nutritive values per portion **Calories** 414

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 19 g	**29%**	**Cholest.** 128 mg	**43%**	**Total Carb.** 17 g	**6%**	**Vitamin A**	**1%**	**Calcium**	**5%**
Sat. Fat 5 g	**23%**	**Sodium** 759 mg	**32%**	Fiber 1 g	**4%**	**Vitamin C**	**1%**	**Iron**	**12%**
Protein 42 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Veal round, ¼-inch thick, cut into 4-oz pieces, may be substituted for the cutlets.
- 1 oz (½ cup) dehydrated onion, rehydrated in ¾ cup water, may be substituted for fresh onion.
- If beef base is highly salted, reduce or delete salt in recipe.

Variations

- **Beef Birds.** Make with beef cubed steaks or flank steaks.
- **Pork Birds.** Make with pork cutlets.
- **Veal Birds with Sausage Stuffing.** Reduce bread to 2 lb 8 oz. Reduce salt to 1 tsp and sage to 1 Tbsp. Add 2 lb 8 oz sausage, cooked and drained.

BREADED VEAL CUTLETS

Yield: 50 portions *Portion:* 4 oz
Oven: 325°F *Bake:* 45–60 minutes

Ingredient	*Amount*	*Procedure*
Veal cutlets, 4 oz	12 lb 8 oz	Dredge cutlets with seasoned flour.
Flour, all-purpose	8 oz	
Salt	1 oz (1½ Tbsp)	
Pepper, black	¼ tsp	
Eggs, beaten	7 (12 oz)	Combine eggs and milk.
Milk	1½ cups	Dip cutlets in egg mixture, then roll in crumbs.
Bread crumbs, fine	1 lb	
Shortening	1 lb 8 oz	Brown meat in hot fat.
		Place, slightly overlapping, in two 12 × 20 × 2-inch counter pans.
		Add 2 cups water to each pan. Cover with aluminum foil.
		Bake at 325°F for 45–60 minutes.

Approximate nutritive values per portion **Calories** 378

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 18 g	**28%**	**Cholest.** 159 mg	**53%**	**Total Carb.** 11 g	**4%**	**Vitamin A**	**1%**	**Calcium**	**4%**
Sat. Fat 5 g	**24%**	**Sodium** 363 mg	**15%**	Fiber 0.5 g	**2%**	**Vitamin C**	**0%**	**Iron**	**11%**
Protein 41 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Veal round, sliced ¼ inch thick and cut into 5-oz portions, may be used.

Variations

- **Veal Cacciatore.** Dredge cutlets with flour. Brown in fat and place in baking pans. Pour over sauce made of 1 lb chopped peppers, 1 lb chopped onions, and ⅛ tsp minced garlic, simmered in margarine or butter for 10 minutes; 1 lb 8 oz sautéed sliced mushrooms; 1½ qt canned tomatoes; ¼ cup vinegar; 2 qt Chicken Stock (p. 598); 1 oz salt; and 1 tsp pepper. Bake 45 minutes.
- **Veal New Orleans.** To 2 qt medium White Sauce (p. 560), add 8 oz chopped onions, 12 oz sliced mushrooms, 2 Tbsp Worcestershire sauce, ¼ tsp salt, ¼ tsp pepper, ¼ tsp paprika, and 3½ cups tomato soup. Arrange browned breaded cutlets in two 12 × 20 × 2-inch counter pans. Pour 1¾ qt sauce over each pan. Cover with aluminum foil and bake at 325°F for 1 hour.
- **Veal Parmesan.** Add 8 oz grated Parmesan cheese to bread crumbs. After cutlets are browned and arranged in baking pans, pour 2 qt Italian Tomato Sauce (p. 573) over them. Top with 1 lb 8 oz grated mozzarella cheese. Bake at 325°F for 1 hour.
- **Veal Piccata.** Flour cutlets and brown in hot shortening. Arrange in two 12 × 20 × 2-inch counter pans. Sauté 1 lb sliced mushrooms and 2 cloves garlic, minced, in 2 Tbsp margarine. Add 2½ cups Beef Stock (p. 599) and 2 Tbsp lemon juice. Bring to a boil. Pour 2 cups over each pan. Sprinkle ¼ cup Parmesan cheese over each pan. Cover with aluminum foil. Bake at 325°F for 1 hour.
- **Veal Scallopini.** Dredge cutlets with seasoned flour and sauté in hot shortening. Arrange in baking pans. Sauté 3 lb fresh mushrooms, sliced, and 1 lb chopped onion in 8 oz margarine. Add 2 qt Chicken Stock (p. 598), 1½ cups lemon juice or vinegar, and 1 tsp each of parsley, rosemary, and oregano or marjoram. Pour over cutlets. Bake at 325°F for 1 hour.

PORK RECIPES

JEWELED PORK LOIN

Yield: 50 portions *Portion:* 4 oz
Oven: 325°F *Bake:* Approx. 2–3 hours

Ingredient	*Amount*	*Procedure*
Boneless pork loin	20 lb	Rub pepper over all sides of loin.
Pepper, black	1 Tbsp	Cut vertical slits 1 inch deep along top of roasts.
Prunes, pitted, dried	8 oz	Cut dried fruit into medium-size pieces. Push into the slits on top of the loin.
Apricots, dried	8 oz	Roast, uncovered, at 325°F until meat thermometer registers 155°F.
		Remove from oven and cover loosely with aluminum foil. Let stand about 15 minutes before slicing.

Approximate nutritive values per portion **Calories** 240

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**10%**	**Cholest.** 105 mg	**35%**	**Total Carb.** 6 g	**2%**	**Vitamin A**	**4%**	**Calcium**	**1%**
Sat. Fat 2 g	**11%**	**Sodium** 75 mg	**3%**	Fiber 1 g	**3%**	**Vitamin C**	**1%**	**Iron**	**12%**
Protein 38 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variations

- **Garlic and Peppercorn Pork Loin.** Brush pork loins with olive oil. Cover with approximately 1 cup crushed peppercorns and approximately ¾ cup chopped garlic. Roast as for Jeweled Pork Loin.
- **Herbed Pork Loin.** Combine 1½ oz salt, 2 Tbsp dried whole rosemary, 2 Tbsp dried whole thyme, 3 Tbsp coarse cracked black pepper, ½ cup crushed garlic, ¾ cup fresh lemon juice, and ¾ cup vegetable oil. Rub paste over roasts. Refrigerate for several hours or overnight. Roast as for Jeweled Pork Loin.
- **Rosemary Pork Loin.** Combine ½ cup dried whole rosemary, 1 Tbsp garlic powder, 1 Tbsp cumin, and 2 tsp salt. Sprinkle over pork before roasting.
- **Teriyaki-Glazed Pork Loin.** Omit pepper and dried fruit. Make marinade by combining 2 cups soy sauce, 1 cup cooking sherry, ¼ cup sugar, 3 Tbsp black pepper, ¼ cup minced garlic, 1½ cup oil. Pour over pork loin roasts. Turn to cover all sides. Marinate in refrigerator a minimum of 8 hours or overnight. Drain marinade. Roast as for Jeweled Pork Loin.

BREADED PORK CHOPS

Yield: 50 chops *Portion:* 5 oz
Oven: 400°F, 325°F *Bake:* 10 minutes, 1 hour

Ingredient	*Amount*	*Procedure*
Pork chops, cut 3 per lb	17 lb	Dredge chops with seasoned flour.
Flour, all-purpose	12 oz	
Salt	3 oz	
Pepper, black	2 Tbsp	
Eggs, beaten	6 (10 oz)	Combine eggs and milk.
Milk	3½ cups	Dip chops in egg mixture, then roll in crumbs.
Bread crumbs	1 lb 4 oz	Place in single layer on greased sheet pans.
		Bake at 400°F until browned, about 10 minutes.
Water	1 qt	Remove chops from oven and arrange in partially overlapping rows in two 12 × 20 × 2-inch counter pans.
		Add 2 cups water to each pan. Cover pans.
		Bake at 325°F, approximately 1 hour, until internal temperature reaches 160°F.

Approximate nutritive values per portion **Calories** 239

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**16%**	**Cholest.** 81 mg	**27%**	**Total Carb.** 15 g	**5%**	**Vitamin A**	**2%**	**Calcium**	**7%**
Sat. Fat 4 g	**20%**	**Sodium** 810 mg	**34%**	Fiber 1 g	**3%**	**Vitamin C**	**1%**	**Iron**	**10%**
Protein 20 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variations

- **Baked Pork Chops.** Dredge chops with 1 lb flour, ¼ cup vegetable oil, 2 oz salt, and 1 tsp black pepper, mixed. Place on well-greased sheet pans. Bake at 350°F until thoroughly cooked and browned, approximately 1¼ hours.
- **Baked Pork Chops and Apples.** Brown chops as for Breaded Pork Chops. Place in two greased 12 × 20 × 2-inch baking pans. Pour over 1 qt apple juice, 2 cups per pan. Bake at 350°F for 1 hour. Serve with Buttered Apples (p. 512).
- **Pork Chops and Dressing.** Serve chops with No. 16 dipper of Bread Dressing (p. 461) and ladle of gravy dipped over.
- **Stuffed Pork Chops.** Use 6-oz pork chops and cut a pocket in each chop. Fill with Bread Dressing (use ¼ recipe, p. 461) or Apple Stuffing (p. 461, ½ recipe). Brown chops and place in baking pans. Pour 2 cups water or chicken broth in each pan. Cover and bake at 350°F for 1½ hours. Internal temperature must reach 165°F for 15 seconds.

DEVILED PORK CHOPS

Yield: 50 chops *Portion:* 5 oz
Oven: 350°F *Bake:* 1½ hours

Ingredient	*Amount*	*Procedure*
Chili sauce	1½ qt	Combine into a sauce.
Water	3 cups	
Dry mustard	1 tsp	
Worcestershire sauce	3 Tbsp	
Lemon juice	3 Tbsp	
Onion, grated	2 tsp	
Pork chops, cut 3 per lb	17 lb	Dip each chop in sauce. Place in single layer on greased sheet pans. Bake at 350°F for 1–1½ hours, or until internal temperature reaches 160°F.

Approximate nutritive values per portion **Calories** 182

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**14%**	**Cholest.** 54 mg	**18%**	**Total Carb.** 7 g	**2%**	**Vitamin A**	**4%**	**Calcium**	**2%**
Sat. Fat 3 g	**16%**	**Sodium** 446 mg	**19%**	Fiber 0 g	**0%**	**Vitamin C**	**10%**	**Iron**	**5%**
Protein 17 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variations

- **Barbecued Pork Chops.** Place chops on greased baking sheets. Brush with melted fat. Sprinkle with salt. Brown chops in 450°F oven for 12–15 minutes. Transfer to counter pans. Pour Barbecue Sauce (p. 567) over chops. Bake at 325°F for 1½ hours or until chops are tender.
- **Chili-Seasoned Pork Chops.** Prepare a spice blend by combining 6 Tbsp chili powder, 2 Tbsp ground cumin, 2 tsp garlic powder, 1 Tbsp onion powder, 1 tsp salt, and 2 tsp black pepper. Mix 1 Tbsp of the spice mixture with 1 cup vegetable oil. Cover and store for several hours to blend seasonings with oil. Save the remaining dry spice mixture to sprinkle on top of the chops. To cook chops, oil griddle with seasoned oil, heat to 350°F. Place chops on griddle and cook until browned, turn and brown other side. Sprinkle remaining seasonings lightly over chops. Place in 12 × 10 × 2-inch counter pans. Cover with foil and bake at 350°F for 1 hour.
- **Honey-Glazed Pork Chops.** Marinate pork chops for 4 hours in a mixture of 2 cups soy sauce, 6 oz honey, 1 cup applesauce, 1 oz salt, and 4 oz sugar. Place in single layer on greased baking sheets. Bake at 350°F for 1 hour. Turn and brush with marinade as needed.
- **Pork Chops Supreme.** Arrange chops in single layer in baking pans. Sprinkle with salt. Combine 1 lb brown sugar, 3 cups catsup, and 1 cup lemon juice. Place about 2 Tbsp, No. 30 dipper, on each chop. Cut 4 medium–size onions into thin slices. Place 1 slice on top of each chop. Cover and bake at 350°F for 45 minutes. Uncover and bake 30 minutes longer.

BARBECUED SPARERIBS

Yield: 50 portions *Portion:* 8 oz
Oven: 350°F *Bake:* 2½ hours

Ingredient	*Amount*	*Procedure*
Pork spareribs or loin back ribs	25 lb	Separate ribs into 8 oz portions. Place in roasting pans. Brown uncovered in oven at 350°F until browned lightly, about 30 minutes. Pour off fat.
Barbecue Sauce (p. 567)	3 qt	Pour sauce over ribs. Cover with aluminum foil. Bake at 350°F until meat is tender, about 1½ hours. Uncover and bake an additional 20–30 minutes.

Approximate nutritive values per portion **Calories** 590

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 31 g	**47%**	**Cholest.** 206 mg	**69%**	**Total Carb.** 8 g	**3%**	**Vitamin A**	**5%**	**Calcium**	**2%**
Sat. Fat 10 g	**52%**	**Sodium** 644 mg	**27%**	Fiber 1 g	**2%**	**Vitamin C**	**8%**	**Iron**	**16%**
Protein 66 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- For larger portions, use 40 lb spareribs and 1 gal Barbecue Sauce.

Variations

- **Baked Spareribs with Dressing.** Brown ribs as for Barbecued Spareribs. Pour off fat. Spread with mixture of 2 oz salt, 2 tsp pepper, 1½ tsp ground sage, 1 lb chopped apples, 2 tsp caraway seeds, 1 tsp ground cloves, and 12 oz brown sugar. Bake 1½ hours until tender. Baste to keep moist. Serve with Bread Dressing (p. 461).
- **Baked Spareribs with Sauerkraut.** Sprinkle ribs with 2 oz seasoned salt. Brown lightly. Pour off fat. Remove ribs from pan. Add 2 No. 10 cans sauerkraut to baking pan and place ribs on top. Bake for 1 hour.
- **Barbecued Short Ribs.** Substitute beef short ribs for spareribs.
- **Sweet-Sour Spareribs.** Brown spareribs for 30 minutes in 400°F oven, or simmer in water for 1 hour. Drain and cover with Sweet–Sour Sauce (p. 577). Bake at 350°F until meat is done. Serve with Steamed Rice (p. 399) or Fried Rice with Almonds (p. 402).

SWEET-SOUR PORK

Yield: 50 portions *Portion:* 5 oz pork + 4 oz rice

Ingredient	*Amount*	*Procedure*
Pork strips, julienne	10 lb AP (7 lb EP)	Brown pork in steam-jacketed kettle.
Water	2 qt	Add water to pork and simmer until meat is tender.
Vinegar Soy sauce Catsup Sugar, granulated Pineapple juice Pineapple chunks	1¼ qt 1½ cups 1½ cups 2 lb 1 qt 1 lb	Combine and add to pork. Simmer until sugar is dissolved and pineapple is hot, 10–15 minutes.
Cornstarch Water Ginger, ground Garlic powder	8 oz 2 cups 1½ tsp ½ tsp	Combine to make a smooth paste. Pour slowly into pork mixture, stirring constantly. Cook until thickened and clear.
Carrots, fresh, sliced	1 lb 12 oz	Steam carrots until tender-crisp. Add to mixture.
Snow peas	1 lb	Stir in just before serving.
Rice, converted Water, boiling Salt Margarine or vegetable oil	3 lb 8 oz 4¼ qt 2 Tbsp 2 Tbsp	Cook rice according to directions on p. 399. Serve 5 oz pork over 4 oz rice.

Approximate nutritive values per portion **Calories** 350

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**9%**	**Cholest.** 40 mg	**13%**	**Total Carb.** 59 g	**20%**	**Vitamin A**	**45%**	**Calcium**	**4%**
Sat. Fat 2 g	**10%**	**Sodium** 862 mg	**36%**	Fiber 1 g	**5%**	**Vitamin C**	**17%**	**Iron**	**13%**
Protein 17 g				Sugars 23 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

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Variations

- **Sweet-Sour Beef.** Substitute beef strips for pork.
- **Sweet-Sour Chicken.** Substitute cooked chicken or turkey for the pork. Do not brown.

GLAZED BAKED HAM

Yield: 50 portions *Portion:* 3 oz
Oven: 325°F *Bake:* 2–2½ hours

Ingredient	*Amount*	*Procedure*
Ham, boneless, fully cooked	15 lb	Place ham fat side up on a rack in roasting pan. Do not cover. Bake at 325°F for approximately 2–2½ hours.
Cloves, whole	3 Tbsp	Remove ham from oven about 30 minutes before it is done. Drain off drippings. Score ham ¼ inch deep in diamond pattern. Stud with whole cloves. Cover with glaze.

Ham Glaze

Sugar, brown	8 oz	Combine ingredients for glaze.
Cornstarch	2 Tbsp	Spoon over ham. Repeat if heavier glaze is desired.
Corn syrup	¼ cup	Return ham to oven and bake until internal temperature reaches 155°F (see Table 8.4).
Pineapple juice	2 Tbsp	

Approximate nutritive values per portion **Calories** 160

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**17%**	**Cholest.** 57 mg	**19%**	**Total Carb.** 17 g	**6%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 4 g	**18%**	**Sodium** 1931 mg	**80%**	Fiber 0 g	**0%**	**Vitamin C**	**61%**	**Iron**	**7%**
Protein 23 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- If using a whole cured ham, not precooked, increase cooking time to 4–4½ hours; or simmer 3–4 hours in a kettle, then trim, glaze, and complete cooking in the oven.

Glaze Variations

- **Apricot Glaze.** 1 cup apricot jam and ¼ cup fruit juice or enough to cover ham.
- **Brown Sugar Glaze.** 6 oz brown sugar, 1½ tsp dry mustard (or 3 Tbsp prepared mustard), and ¼ cup vinegar.
- **Cranberry Glaze.** 1¼ cups strained cranberry sauce, or enough to cover.
- **Honey Glaze.** 1 cup honey, ½ cup brown sugar, and ¼ cup fruit juice. Baste with fruit juice or ginger ale.
- **Orange Glaze.** 1 cup orange marmalade and ¼ cup orange juice.

HAM LOAF

Yield: 50 portions or 5 pans 5 × 9 inches *Portion:* 4 oz
Oven: 350°F *Bake:* 1–1½ hours

Ingredient	*Amount*	*Procedure*
Ground cured ham	7 lb	Combine all ingredients in mixer bowl. Mix on low speed, using flat beater, only until ingredients are blended. *Do not overmix.*
Ground fresh lean pork	7 lb	
Onion, finely chopped	4 oz	
Milk	1 qt	
Eggs, beaten	14 (1 lb 8 oz)	
Pepper, black	1 tsp	
Bread crumbs	1 lb	
		Press meat mixture into five 5 × 9-inch loaf pans, 3 lb 8 oz per pan.
		Bake at 350°F for 1–1½ hours, or until internal temperature reaches 180°F.
		If desired, cover tops of loaves with glaze (see Variations) during last 30 minutes of cooking.
		Cut 10 slices per pan.

Approximate nutritive values per portion **Calories** 208

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**15%**	**Cholest.** 124 mg	**41%**	**Total Carb.** 13 g	**4%**	**Vitamin A**	**3%**	**Calcium**	**4%**
Sat. Fat 3 g	**17%**	**Sodium** 1019 mg	**42%**	Fiber 0.3 g	**1%**	**Vitamin C**	**29%**	**Iron**	**10%**
Protein 27 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Meat may be baked in 12 × 20 × 4-inch baking or counter pan. Press mixture into pan and divide into two loaves. Increase baking time to 1½–2 hours.
- 4 lb ground beef may be substituted for 4 lb fresh pork.
- ½ oz (¼ cup) dehydrated onion, rehydrated in ½ cup water, may be substituted for fresh onion.

Variations

- **Glazed Ham Balls.** Measure with No. 8 dipper and shape into balls. Place on baking sheets. Brush with glaze (below) and bake 1 hour.
- **Glazed Ham Loaf.** Cover tops of loaves with a mixture of 1 lb 8 oz brown sugar, 1 cup vinegar, and 1½ Tbsp dry mustard.
- **Ham Patties with Cranberries.** Measure with No. 8 dipper and shape into patties. Spread pan with Cranberry Sauce (p. 513). Place ham patties on sauce and bake 1 hour.
- **Ham Patties with Pineapple.** Measure with No. 8 dipper and shape into patties. Top each with slice of pineapple and a clove. Pour pineapple juice over patties and bake 1 hour.

CREAMED HAM

Yield: 50 portions or 6¼ qt *Portion:* 4 oz (½ cup)

Ingredient	*Amount*	*Procedure*
Margarine	1 lb	Melt margarine. Add flour and stir until smooth.
Flour, all-purpose	6 oz	Cook 5 minutes.
Milk	1 gal	Add milk gradually, stirring constantly with wire whip. Cook until thickened.
Ham, cooked	6 lb	Cut ham in cubes or grind coarsely.
Salt	To taste	Add to sauce and heat slowly for about 20 minutes, or until internal temperature reaches serving temperature (170–180°F).
Pepper, white	½ tsp	Add salt, if needed, and pepper.
		Serve 4 oz ham over biscuits, toast, spoon bread, corn bread, or baked potato.

Approximate nutritive values per portion **Calories** 180

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	**22%**	**Cholest.** 33 mg	**11%**	**Total Carb.** 11 g	**4%**	**Vitamin A**	**5%**	**Calcium**	**10%**
Sat. Fat 5 g	**23%**	**Sodium** 938 mg	**39%**	Fiber 0 g	**0%**	**Vitamin C**	**25%**	**Iron**	**3%**
Protein 12 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 1 lb chopped celery or sliced mushrooms or 1 dozen chopped hard-cooked eggs may be added. Reduce ham to 5 lb.

Variation

- **Plantation Shortcake.** Substitute 3 lb cooked turkey for 3 lb cooked ham. Substitute Chicken Stock (p. 598) for half of milk in sauce. Add 1 lb grated cheddar cheese. Serve over hot corn bread.

OVEN-FRIED BACON

Yield: 50 portions *Portion:* 2 slices
Oven: 400°F; convection, 325°F *Bake:* 6–10 minutes; convection 4–6 minutes

Ingredient	*Amount*	*Procedure*
Bacon, 17–20 slices per lb	100 slices (5–6 lb)	Arrange bacon slices on baking sheets. Bake at 400°F, without turning, until crisp, about 6–10 minutes. In convection oven, cook 4–6 minutes at 325°F for 4–6 minutes. Pour off accumulating fat as necessary. Drain on paper towels or place in perforated pans for serving.

Approximate nutritive values per portion **Calories** 73

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**10%**	**Cholest.** 11 mg	**4%**	**Total Carb.** 0 g	**0%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 2 g	**11%**	**Sodium** 202 mg	**8%**	Fiber 0 g	**0%**	**Vitamin C**	**7%**	**Iron**	**1%**
Protein 4 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Bacon may be purchased separated and arranged on parchment paper, ready to be placed on baking sheets and baked.

Variation

- **Oven-Fried Sausage.** Arrange 1–oz sausage patties or links on baking sheets. In conventional oven, bake at 400°F for 15–20 minutes. In convection oven, bake at 325°F for 10–12 minutes.

SCRAPPLE

Yield: 50 portions or 5 loaf pans 5 × 9 inches *Portion:* 2 slices

Ingredient	*Amount*	*Procedure*
Sausage, bulk	8 lb AP	Crumble sausage and cook until internal temperature reaches 160°F. Do not overbrown. Drain off fat.
Water Salt	1½ gal 1 oz (1½ Tbsp)	Add salt to water. Bring to a boil.
Cornmeal Water, cold	3 lb 2 qt	Mix cornmeal with cold water. Pour gradually into boiling water, stirring constantly. Cook until very thick, 10–15 minutes.
		Add cooked sausage to cornmeal mixture. Scale into five greased 5 × 9-inch loaf pans, 4 lb 5 oz per pan. Cover with waxed paper to prevent formation of crust. Chill for 24 hours.
		Cut into ½-inch slices. Cook on greased grill preheated to 350°F. Grill until browned and crisp on both sides. Serve with warm syrup.

Approximate nutritive values per portion **Calories** 266

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 15 g	**23%**	**Cholest.** 38 mg	**13%**	**Total Carb.** 21 g	**7%**	**Vitamin A**	**1%**	**Calcium**	**2%**
Sat. Fat 5 g	**25%**	**Sodium** 792 mg	**33%**	Fiber 4 g	**17%**	**Vitamin C**	**1%**	**Iron**	**10%**
Protein 11 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 8 lb fresh pork, simmered until done and chopped finely, may be used in place of the sausage. Increase salt to 2 oz and add 1 Tbsp ground sage.

Variation

- **Fried Cornmeal Mush.** Delete sausage. Increase cornmeal to 4 lb, salt to 2 oz, boiling water to 2 gal, and cold water to 2½ qt. Proceed as for Scrapple.

CHEESE-STUFFED FRANKFURTERS

Yield: 50 portions *Portion:* 2 frankfurters
Oven: 350°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Frankfurters, 10 per lb	10 lb	Split frankfurters lengthwise, but do not cut completely through.
Cheddar cheese	3 lb	Cut cheese into strips about 3½ inches long.
Pickle relish	1 qt	Place a strip of cheese and ½ Tbsp relish in each frankfurter.
Bacon, 24–26 slices per lb	100 slices (4–5 lb)	Wrap a slice of bacon around each frankfurter. Secure with a pick. Place on greased baking sheets. Bake at 350°F for 30 minutes.

Approximate nutritive values per portion **Calories** 497

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 42 g	**64%**	**Cholest.** 86 mg	**29%**	**Total Carb.** 9 g	**3%**	**Vitamin A**	**11%**	**Calcium**	**25%**
Sat. Fat 18 g	**89%**	**Sodium** 1543 mg	**64%**	Fiber 0 g	**0%**	**Vitamin C**	**47%**	**Iron**	**10%**
Protein 21 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- The names wieners, hot dogs, and frankfurters are often used interchangeably. Beef, pork, or poultry wieners are available.

Variations

- **Barbecued Frankfurters.** Place frankfurters in counter pans. Cover with Barbecue Sauce (p. 567). Bake at 400°F for about 30 minutes. Add more sauce if necessary.
- **Chili Dog.** Serve 2 oz Chili Con Carne (p. 607) over a frankfurter or wiener in a hot dog bun. Chili may be made with or without beans.
- **Frankfurters and Sauerkraut.** Steam frankfurters or cook in boiling water. Serve with sauerkraut (2 No. 10 cans) that has been heated.
- **Nacho Dog.** Serve 2 oz Nacho Sauce (p. 80) over a frankfurter or wiener in a hot dog bun. Sprinkle over the top one or more of the following: chopped green chilies or jalapeño peppers, chopped tomatoes, chopped black olives, or chopped onion.

CREAMED SAUSAGE AND BISCUITS

Yield: 50 portions *Portion:* 4 oz gravy over 2 biscuits

Ingredient	*Amount*	*Procedure*
Baking Powder Biscuits (p. 110)	100	Prepare biscuits according to recipe.
Ground sausage	7 lb 8 oz AP (5 lb EP)	Cook raw sausage in tilting or large fry pan until browned and 155°F. Weight after browning should be 5 lb. Drain well. Reserve sausage for later step.
Margarine Flour	1 lb 1 lb 6 oz	Mix margarine and flour in a steam-jacketed or other large kettle. Stir with wire whip. Cook for 10–15 minutes, stirring often.
Milk	1¾ gal	Stir milk into margarine-flour mixture, stirring constantly with a wire whip. Cook until mixture thickens.
Salt Black pepper	2 tsp 1 tsp	Add salt and pepper to creamed mixture. Stir in cooked sausage reserved from earlier step. Heat to 180°–190°F.
		Serve two biscuits split in half with 4 oz gravy.

Approximate nutritive values per portion **Calories** 425

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 31 g	**48%**	**Cholest.** 57 mg	**19%**	**Total Carb.** 17 g	**6%**	**Vitamin A**	**11%**	**Calcium**	**18%**
Sat. Fat 12 g	**61%**	**Sodium** 586 mg	**24%**	Fiber 0.4 g	**1%**	**Vitamin C**	**3%**	**Iron**	**6%**
Protein 14 g				Sugars 7 g					

Percent Daily Value (%DV) are based on a 2000-calorie diet.

Note

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SAUSAGE ROLLS

Yield: 50 rolls *Portion:* 1 roll, 2 oz gravy
Oven: 400°F *Bake:* 20 minutes

Ingredient	*Amount*	*Procedure*
Sausages, link	12 lb 8 oz	Partially cook sausages. Remove from fat.
Flour, all-purpose	3 lb	Make into biscuit dough, according to directions on p. 110.
Baking powder	3 oz	
Salt	3½ tsp	
Shortening	12 oz	
Milk	1 qt	
		Divide biscuit dough into two portions.
		Roll each portion to ½-inch thickness and cut into 3 × 4-inch rectangles.
		Place two sausages in the center of each piece of dough and fold over.
		Place seam side down on greased baking sheets.
		Bake at 400°F for 20 minutes, until bread is browned and sausage temperature is at least 170°F.
Margarine	6 oz	Melt margarine, add flour, and blend. Add salt and pepper. Cook for 5 minutes.
Flour, all-purpose	6 oz	
Salt	2 tsp	Add water or stock gradually, stirring constantly. Cook until smooth and thickened.
Pepper, black	½ tsp	
Water or chicken broth	3 qt	Ladle 2 oz gravy over each sausage roll.

Approximate nutritive values per portion **Calories** 478

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 33 g	**51%**	**Cholest.** 64 mg	**21%**	**Total Carb.** 26 g	**9%**	**Vitamin A**	**5%**	**Calcium**	**20%**
Sat. Fat 10 g	**52%**	**Sodium** 1360 mg	**57%**	Fiber 1 g	**3%**	**Vitamin C**	**2%**	**Iron**	**15%**
Protein 18 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

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Variations

- **Italian Sausage Sandwich.** Grill fifty 5- to 6-inch-long Italian sausages. Serve one sausage in a long bun with 1 oz Sandwich Tomato Sauce (p. 387) ladled on top. Serve with sauteed green peppers and onions. May be sprinkled with 1 oz shredded mozzarella cheese.
- **Pigs in Blankets.** Substitute 50 wieners for link sausages. Place each wiener diagonally on dough portion and roll up. Delete gravy. May serve with Cheese Sandwich Sauce (p. 561).
- **Pigs in Blankets with Cheese.** Wrap 1 oz cheese around each wiener. Proceed as above.

CHAPTER 9

Pasta, Rice, Cereals, and Foods with Grains, Beans, and Tofu

The cooking of pasta, rice, cereals, and grains is similar. Water is added, heat is applied, and cooking is continued until the starch granules gelatinize. Dry beans are cooked in a liquid (generally water or stock) until softened. Tofu (bean curd) does not need to be cooked prior to being incorporated in a recipe.

PASTA

Pasta is a generic name for a basic dough mixture of durum semolina or other high-protein hard wheat flour and water. With the exception of noodles, which usually contain eggs, the various pasta products are made from the same basic dough. Flavor variations may include whole wheat, herb, carrot, tomato, and spinach. Pasta comes in many different shapes that can be categorized into five basic groups: string (e.g., spaghetti), ribbon (e.g., noodles), tubes (e.g., penne), shapes (e.g., radiatore), micro pastas (e.g., acini). A few of the more popular types appear in Figures 9.1 and 9.2. Pasta may be purchased fresh, frozen, or dry. Precooked dry pasta is also available in some markets.

Most dry pasta will approximately double in *volume* after cooking (egg noodle volume remains about the same). Thickness varies among pasta shapes, and the volume increase is directly related to this variation. Certain shapes such as ziti, lasagna, and rigatoni have more fluctuation in their volume increase than do spaghetti and macaroni. The *weight* of dry pasta increases, but the amount depends on the type of pasta. See p. 369 for the weight increase of selected pastas.

Pasta is best if cooked uncovered at a fast boil, using plenty of water. A general rule is to allow 1 gallon of water, 1 ounce (1½ tablespoons) salt, and 1½ teaspoons cooking oil for every pound of pasta. Directions for cooking are given on p. 369. Pasta should be cooked until it is tender but firm (*al dente*), then drained to stop the cooking. Overcooking produces a soft, pasty product that breaks easily when combined with sauces or other ingredients.

RICE

Rice is used in foodservices as a side or main dish, as an accompaniment to many Asian foods, and as an ingredient in casseroles and other entrees.Three major types of rice are available.

Long-grain rice. Cooked grains are firm, fluffy, and are inclined to separate. Overcooking or excessive stirring while cooking will cause long-grain rice to become sticky. Long-grain rice is excellent for serving as a side dish, in salads, and in casseroles.

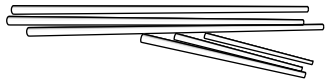
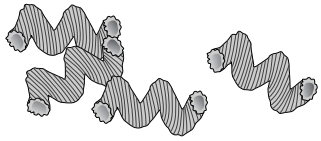
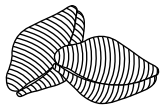
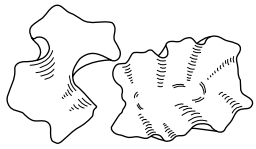
Medium-grain rice. Cooked grains are tender and moist, tending to cling together. Medium-grain rice becomes sticky when cool, so it is best served hot. Requires less water to prepare than long-grain rice. Medium-grain rice has a higher starch content than long-grain rice.

Short-grain rice. Small, round kernels become very tender and sticky when cooked. Risotto and paella are made with short-grain rice. Short-grain rice has a high starch content.

Rice is available with various degrees of milling and processing.

FIGURE 9.1 **Frequently used pasta shapes (see description of pasta shapes in Figure 9.2). Photo courtesy of the National Pasta Association.**

FIGURE 9.2 Shapes and descriptions of selected pasta.

Name	*Shape*	*Description*
Alphabets		Miniature pasta in letter shapes. Used in soups.
Bow ties, farfalle		Bow-shaped noodles. Used with entree sauces and also soup or salads.
Capellini, angel hair		Delicate long thin threads. Used with light sauces.
Cavatappi		Spiral, ridged tubes (corkscrews). Used in casseroles and with sauces.
Conchiglie, shells		Shell shaped. Used with sauces; larger shells stuffed, smaller shells used in salads. Jumbo shells stuffed with cheese, meat, vegetables.
Dumplings		Flat, with rippled edges. Used in soups and baked casseroles.
Fettuccine		Pasta shaped like ribbons, slightly thick. Used with heavy cream or meat sauces.
Fusilli		Long strands of spiraled spaghetti, corkscrew shaped. Used with thick cream sauces or casseroles. Break into soups.

(continues)

FIGURE 9.2 *continued*

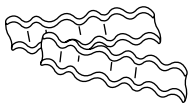
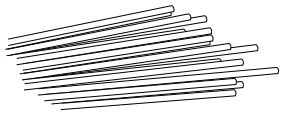
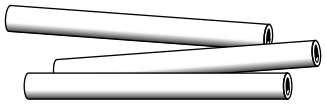
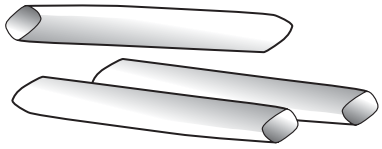
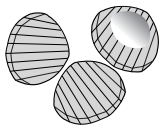
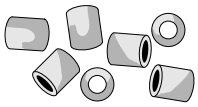
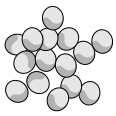
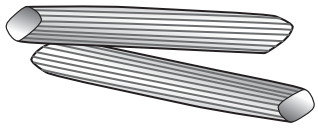
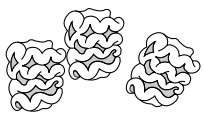
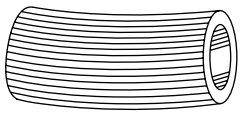
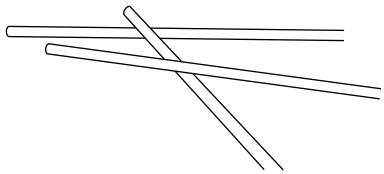
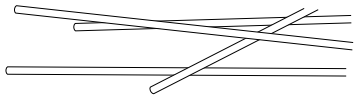
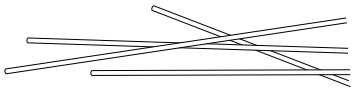
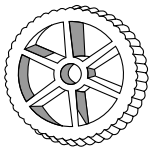
Name	*Shape*	*Description*
Kluski		Long narrow egg noodles, with homemade appearance. Used for soups, baked casseroles, and with cream sauces.
Lasagna		Wide, long, flat noodles with wavy edges. Baked layered with cheese and sauces.
Linguine		Thin narrow rods, slightly flattened. Used with all sauces, especially cream sauces.
Elbow macaroni		Short tubes that are slightly curved. Used in salads and casseroles.
Macaroni		Long hollow round tubes, straight cut ends. Baked in casseroles or with sauces.
Manicotti		Giant pasta tubes. Stuffed with cheese or meat fillings.
Mostaccioli		Medium-sized hollow tubes, ends cut diagonally. Used in baked casseroles or with sauces.

FIGURE 9.2 *continued*

Name	*Shape*	*Description*
Noodles	X-Wide Noodles Wide Noodles Medium Noodles	Narrow flat pasta; typically contains egg. Used in a variety of casseroles, with sauces, and as a side dish.
Orecchiette		Ear shaped. Used in casseroles, with sauce.
Pastina (tiny dough)		Used in soups and salads.
Ditalini		Very short hollow tube.
Orzo		Shaped like rice. Used in soups, salads, and as a side dish.
Stelline		Star shaped.
Acini		Small round shape.
Penne rigate		Grooved medium-size hollow tubes, ends cut diagonally. Used in baked casseroles or with sauces.
Radiatore		Frilly shaped pasta, short, thick, and compact. Used for salads, casseroles, with sauce, and in soups.
Rigatoni		Large ribbed hollow tubes. Used in baked casseroles or with sauces.

(continues)

FIGURE 9.2 *continued*

Name	*Shape*	*Description*
Rotini		Spiraled pasta. Used in baked casseroles or with salads.
Spaghetti		Long round rods. Used with all sauces, especially tomato. Used in casseroles.
Spaghettini		Thin round rods. Used like spaghetti, typically with light sauces.
Vermicelli		Extra thin spaghetti like rods. Used with light delicate sauces.
Wagon wheels		Die-cut shape resembling wheels. Used with sauces, in salads and soups.
Ziti		Short hollow round medium-size tubes with straight cut ends; resembles large macaroni. Used in baked casseroles or with sauces.

Brown rice is the whole unpolished grain with only the outer husks and a small amount of bran removed. It has a nutlike flavor and slightly chewy texture. Brown rice is available in short, medium, or long grain. Shelf life is shortened due to the oil content of the bran.

Regular or *milled white rice* has had the outer husk removed, and layers of bran are milled away until the grain is white. It is sometimes called polished rice.

Converted (parboiled) rice has undergone a steam-pressure process, then dried before milling. After cooking, the grains remain separate and plump. Con-

verted rice is noted for its holding quality after cooking. Converted rice is neither precooked nor instant and requires a longer cooking time than regular or milled white rice.

Precooked (instant) rice has been milled, cooked, and dehydrated. It is slightly higher in cost than parboiled rice but needs only to be rehydrated to be ready for use. Precooked rice does not hold well after cooking, and the grains quickly lose their shape.

Many varieties of rice are exported to or grown in the United States. Following are the varieties often used in foodservice.

Aromatic or *fragrant rices* have subtle floral, nutty, or earthy nuances. *Basmati* cooks to a dry, fluffy texture with separate grains similar to long-grain rice. *Thai jasmine* long-grain rice cooks up soft and tender.

Italian short-grain rice has polished white kernels, a little longer than wide. Aborio rice, used for risotto, is the most common short-grain rice.

Spanish rice is similar to Italian short-grain rice but a little lighter in texture. Spanish rice absorbs liquid evenly and retains an al dente mouthfeel. Grana and Valencia are two rice varieties often used for paella.

Sticky or *glutinous rice,* also called *sweet rice,* becomes extremely sticky when cooked. Sticky rice is used almost exclusively for Asian cooking and generally for dessert dishes. The grains become bouncy and full when cooked. Sticky or glutinous rice may be white, brown, or black.

Wild rice is not a rice but a seed of a native grass. It has long, unpolished kernels; an intense nutty flavor; and firm, chewy texture. Wild rice is combined with other rices and ingredients for stuffing, entrees, salads, and side dishes.

Long-grain rice is cooked until all water is absorbed, so the key to properly cooked rice is the proportion of rice to water and the correct cooking time. Converted (parboiled) long-grain white rice requires slightly more water and a long cooking time than regular long-grain or medium-grain rice. Table 9.1 gives basic proportions and yields for converted rice. The cooking time for brown rice is almost double that of the white rice. Rice may be cooked in a kettle, steamer, or oven. See p. 399 for cooking directions. Cooked rice is a potentially hazardous food and should be stored outside the temperature danger zone.

CEREALS

Cereals may be whole, cracked, flaked or rolled, or granular. The amount of water used for cooking determines the volume of the finished product. Cereal swells until all water has been absorbed or until the limit of the grain is reached. As a rule, granular cereals absorb more water than whole or flaked. The fineness of grind of the cereal and the amount of bran or cellulose are factors that determine the length of time a cereal needs to be cooked. Cereals cooked in quantity usually are prepared in a steam-jacketed kettle or steamer but may be cooked in a heavy kettle on top of the range. Directions for cooking breakfast cereals are given on p. 413.

OTHER GRAINS

Grains have always been a staple in many countries, but recently are increasing in popularly in the United States. Following are several commonly used grains.

Cracked wheat is the whole kernel of wheat without the bran removed, known as the berry. The wheat berry is broken into varying degrees of coarseness without first cooking. To soften the kernels, wheat berries must be soaked for several hours before cooking.

Bulger is a wheat berry that has the bran removed. It is steam cooked and dried before being ground into various degrees of coarseness.

Couscous is the endosperm of a durum wheat berry. The endosperm is steamed and pressed to form small granular pellets and then dried.

TABLE 9.1 Basic proportions and yields for converted rice

Rice	*Water*[a]	*Salt*	*Approximate volume yield*	*Approximate number of 4-oz servings*
1 lb	1¼ qt	1 Tbsp	2 qt	16
2 lb	2½ qt	2 Tbsp	1 gal	32
3 lb	3¾ qt	3 Tbsp (2 oz)	6¼ qt	50
4 lb	5 qt	¼ cup (2½ oz)	8½ qt	68
5 lb	6¼ qt	⅓ cup (3½ oz)	11 qt	88
8 lb	10 qt	½ cup (5 oz)	18½ qt	148
10 lb	12½ qt	¾ cup (8 oz)	24 qt	192

[a] Liquids other than water that can be used include: chicken, beef or vegetable stock or base, tomato or vegetable juice, diluted orange or apple juice.

Barley is a grain with a sweet earthy flavor and chewy-to-soft texture. A softer texture will result from cooking in a large amount of liquid, such as for soup.

Buckwheat/kasha is not a grain but a fruit treated as a grain. Whole buckwheat kernels known as groats are roasted to produce kasha, a dark reddish brown, earthy flavored product. Whole kasha remains in separate grains after cooking. The finer grains become sticky. Buckwheat flour, made from grinding the raw groats, is used in buckwheat pancakes and some pastas. Buckwheat contains no gluten-forming proteins and cannot be substituted entirely for wheat flour in products that require gluten for structure.

Oats are a whole-grain product used for hot cereal and in baked goods. *Rolled* or *old-fashioned oats* are made from whole oat kernels with the husks removed (oat groats) that have been steamed, then rolled into flat flakes. *Quick-cooking oats* are rolled oats cut into smaller pieces to reduce the cooking time.

BEANS

Many varieties of dry beans are available. Some of the commonly used ones are:

Appaloosa—Speckled red or black and white. Long and thin.

Black (Turtle bean)—Dark black with a white line. Medium-sized and almost round.

Black-Eyed Pea—Ivory or beige in color with a black spot. Small kidney shaped.

Cannellini—White. Looks like a white kidney bean.

Chickpea (Garbanzo)—Beige. Round with lumps. (Long cooking)

Great Northern—White. Large oval. Very common white bean.

Kidney—Reddish to dark brown. Kidney shaped.

Navy (Pea bean)—White. Small round. Very common white bean.

Pinto—Beige or rust colored, usually mottled. Oval shaped.

Red (Pink)—Reddish in color. Small, oval. Interchangeable with pinto.

Most dry beans will double to triple in bulk during cooking. Because sorting machines may mistake rocks or other debris for dry beans, it is recommended that beans be sorted before rinsing and cooking.

Some general cooking guidelines:

1. Place beans in a large pot or steam jacketed kettle and cover with water. Bring the water to a boil and skim foam if necessary. Cover loosely and reduce heat so beans simmer slowly.
2. Cook until beans are slightly tender. Stir very carefully as the beans become tender so they are not broken and become mushy.
3. Season as desired. A general rule is to add 2 tsp salt to 1 lb of beans. Other seasonings may be added.
4. Cook, stirring very carefully, until the beans are tender. Add additional water if necessary. Drain and serve or store in refrigerator until needed. Cooked beans are a potentially hazardous food. Follow cooling guidelines on p. 44.

Soaking beans prior to cooking will reduce the cooking time by about 25%.

TOFU

Tofu, a curd made from soy beans is mild-tasting and can be purchased in a range of textures. Silken is very soft and often pureed in sauces. Firm and extra-firm tofu holds its shape better than silken or soft tofu and is best used in recipes specifying marinating or stir-frying. Pressing tofu makes it firmer. Freezing makes tofu porous and gives it a tougher texture. Tofu is often frozen before being marinated or stir-fried.

PASTA RECIPES

COOKING PASTA

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Pasta	5 lb	Bring water to a rapid boil. Add salt and oil.
Water	5 gal	Add pasta gradually while stirring.
Salt	5 oz	Return to boiling. Cook uncovered at a fast boil until tender but firm (*al dente*), 5–10 minutes (see Cooking Times table). Stir occasionally to prevent sticking.
Vegetable oil (optional)	3 Tbsp	Test for doneness. Drain.

Notes

- Weight of cooked pasta will vary, depending on length of time cooked.
- Addition of oil is optional. It helps prevent foaming and sticking.
- If pasta is to be used as an ingredient in a recipe requiring further cooking, undercook slightly.
- If product is not to be served immediately, drain and rinse quickly with cold water. To keep pasta from becoming sticky or drying out, toss lightly with a little vegetable oil. Cover tightly and store in the refrigerator. To reheat, put pasta in a colander and immerse in rapidly boiling water just long enough to heat through. *Do not continue to cook.* Or, reheat in a microwave oven.
- Pasta can be covered tightly and refrigerated or frozen. Reheat to serving temperature.

APPROXIMATE YIELD AND COOKING TIMES FOR SELECTED PASTAS

Type of pasta	Approximate cooking time (*al dente*) (min)	Yield of cooked pasta from 1 lb dry pasta
Acini di pepe	8	3 lb 4 oz
Bow ties	11	2 lb
Fettuccine	8	2 lb 12 oz
Kluski	15	2 lb 12 oz
Lasagna noodles	15	2 lb
Linguine	10	2 lb 8 oz
Elbow macaroni	6	2 lb 12 oz
Mostaccioli	10	2 lb 4 oz
Noodles	6	2 lb 12 oz
Orzo	6	2 lb 8 oz
Rigatoni	10	2 lb
Rotini	8	2 lb
Shells	9	2 lb 8 oz
Spaghetti	10	2 lb 8 oz
Vermicelli	7	2 lb 8 oz
Wheels	11	2 lb
Ziti	10	2 lb 4 oz

ORZO PILAF

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Orzo	3 lb 8 oz	Cook orzo according to directions on p. 369. Do not overcook. Drain and keep hot. Save for later step.
Water, boiling	3½ gal	
Salt	2 Tbsp	
Vegetable oil	2 Tbsp	
Olive oil	1 cup	Sauté onions, garlic, mushrooms, and almonds in oil until onions and mushrooms are just tender.
Green onions, thinly sliced	1 lb 4 oz	
Garlic, minced	2 oz	
Mushrooms, fresh, sliced	1 lb 12 oz	
Almonds	12 oz	
Parsley, minced	2 oz	Stir parsley, juice, and spices into vegetable mixture.
Lemon juice	2 Tbsp	Mix with cooked orzo.
Rosemary leaves, dried	2 Tbsp	Heat if necessary to 165°F. Serve immediately.
Pepper, black	1 tsp	
Salt	1 tsp	

Approximate nutritive values per portion **Calories** 208

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**13%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 28 g	**9%**	**Vitamin A**	**6%**	**Calcium**	**4%**
Sat. Fat 1 g	**5%**	**Sodium** 311 mg	**13%**	Fiber 1 g	**6%**	**Vitamin C**	**7%**	**Iron**	**12%**
Protein 6 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

LEMON ORZO

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Orzo	5 lb	Cook according to directions on p. 369.
Water	5 gl	Drain.
Salt	5 oz	
Chives, finely sliced	3 oz (EP)	Combine chives, lemon, pepper, and oil.
Lemon zest	1 Tbsp	Stir into pasta. Serve hot, above 140°F.
Lemon juice	1 cup	
Pepper, black	1 tsp	
Olive oil	2 cups	

Approximate nutritive values per portion **Calories** 250

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV	%DV	%DV
Total Fat 9g	**14%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 34 g	**11%**	**Vitamin A** **1%**	**Calcium** **2%**
Sat. Fat 1 g	**6%**	**Sodium** 290 mg	**12%**	Fiber 1 g	**5%**	**Vitamin C** **5%**	**Iron** **10%**
Protein 6 g				Sugars 1.6 g			

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Other pasta shapes may be substituted for the orzo.

MACARONI AND CHEESE

Yield: 48 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz
Oven: 350°F *Bake:* 20 minutes

Ingredient	*Amount*	*Procedure*
Macaroni	3 lb 8 oz	Cook macaroni according to directions on p. 369.
Water, boiling	3½ gal	Drain.
Salt	2 Tbsp	
Vegetable oil	2 Tbsp	
Margarine	12 oz	Melt margarine. Stir in flour and seasonings.
Flour, all-purpose	8 oz	Cook 5–10 minutes.
Salt	2 Tbsp	
Dry mustard	1 Tbsp	
Worcestershire sauce	¼ cup	
Milk	1 gal	Add milk gradually, stirring constantly with wire whip. Cook until thickened.
Cheddar cheese, sharp, shredded	4 lb	Add cheese to sauce. Stir until cheese melts. Pour over macaroni and mix carefully. Scale into two greased 12 × 20 × 2-inch baking pans, 12 lb per pan.
Bread crumbs	1 lb	Mix crumbs and melted margarine.
Margarine, melted	6 oz	Sprinkle over macaroni and cheese, 8 oz per pan. Bake at 350°F for about 20 minutes, until 180°F.

Approximate nutritive values per portion **Calories** 456

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 25 g	**38%**	**Cholest.** 51 mg	**17%**	**Total Carb.** 40 g	**13%**	**Vitamin A**	**18%**	**Calcium**	**40%**
Sat. Fat 12 g	**58%**	**Sodium** 790 mg	**33%**	Fiber 2 g	**8%**	**Vitamin C**	**5%**	**Iron**	**13%**
Protein 18 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- For variety, use rotini, shells, or other shapes of pasta.
- A combination of Swiss and mozzarella cheese may be substituted for some or all of the cheddar cheese.

Variation

- **Macaroni, Cheese, and Ham.** Add 3 lb chopped ham, 1 lb 8 oz per pan. Reduce salt to 1 Tbsp.

HERBED FETTUCCINE

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Margarine	1 lb 10 oz	Melt margarine in steam-jacketed or other kettle.
Garlic, minced	6 cloves	Add garlic and cook until golden. Save for later step.
Cream cheese, softened	3 lb 4 oz	Mix cream cheese on medium speed until fluffy, using flat paddle.
Parsley, fresh, minced	½ cup	Blend into cream cheese.
Basil, dried, crumbled	2 Tbsp	
Pepper, black	1 tsp	
Salt	2 tsp	
Water, boiling	1 qt	Add water gradually to cream cheese mixture. Mix until smooth. Add margarine and garlic. Mix until smooth.
Fettuccine	1 lb 12 oz (AP)	Cook fettuccine according to directions on p. 369.
Water, boiling	2 gal	Drain.
Salt	1½ oz	
Vegetable oil	2 Tbsp	
		Place 2 lb 12 oz cooked fettuccine in each of two 12 × 10 × 4-inch counter pans. Stir 3 lb 6 oz cream cheese sauce into each pan of hot pasta. Cover. Keep hot, approximately 180°F. Sprinkle with Parmesan cheese and snipped fresh parsley just before serving.

Approximate nutritive values per portion **Calories** 272

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 23 g	**35%**	**Cholest.** 48 mg	**16%**	**Total Carb.** 12 g	**4%**	**Vitamin A**	**22%**	**Calcium**	**5%**
Sat. Fat 9 g	**45%**	**Sodium** 364 mg	**15%**	Fiber 0.4 g	**2%**	**Vitamin C**	**1%**	**Iron**	**8%**
Protein 5 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Other fresh herbs may be substituted for parsley.

NOODLES ROMANOFF

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 5 oz
Oven: 350°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Noodles	3 lb	Cook noodles according to directions on p. 369.
Water, boiling	3 gal	Drain.
Salt	3 oz	
Vegetable oil (optional)	1 Tbsp	
Margarine	10 oz	Sauté onions in margarine until tender.
Onions, chopped	6 oz	
Flour, all-purpose	4 oz	Add flour and seasonings to onions, stirring constantly.
Salt	1 oz (1½ Tbsp)	Cook 5–10 minutes.
Garlic powder	¼ tsp	
Milk	1¼ qt	Add milk gradually to flour mixture, stirring constantly. Cook until thickened.
Parmesan cheese, grated	4 oz	Add cheese, sour cream, and paprika to sauce. Combine hot noodles and sauce.
Cottage cheese	2 lb 8 oz	
Sour cream	2½ cups	
Paprika	1 Tbsp	
Cheddar cheese, shredded	8 oz	Scale pasta mixture into two 12 × 10 × 2-inch counter pans, 8 lb per pan. Sprinkle with cheese, 4 oz per pan. Bake at 350°F for approximately 30 minutes or until heated to 180°F.

Approximate nutritive values per portion **Calories** 247

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 12 g	**19%**	**Cholest.** 44 mg	**15%**	**Total Carb.** 24 g	**8%**	**Vitamin A**	**12%**	**Calcium**	**17%**
Sat. Fat 5 g	**26%**	**Sodium** 502 mg	**21%**	Fiber 1 g	**3%**	**Vitamin C**	**1%**	**Iron**	**10%**
Protein 10 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Linguine or other pasta may be substituted for the noodles.

PASTA WITH CLAM SAUCE

Yield: 50 portions *Portion:* 6 oz sauce + 4 oz pasta

Ingredient	*Amount*	*Procedure*
Margarine	1 lb 8 oz	Melt margarine in a large kettle.
Flour, all-purpose	1 lb	Stir in flour and cook for 5–10 minutes.
Milk, hot	6½ qt	Add milk and seasonings to flour-margarine mixture, while stirring.
Salt	2 oz	
Nutmeg	½ tsp	Heat to boiling.
Light cream (half and half)	1½ qt	Reduce heat. Add cream slowly and continue to cook until thickened.
Minced clams	2 lb	Stir clams into sauce. Keep hot, 180°F.
Pasta	5 lb	Cook pasta according to directions on p. 369.
Water, boiling	5 gal	Serve 6 oz sauce over 4 oz pasta.
Salt	5 oz	
Vegetable oil (optional)	3 Tbsp	

Approximate nutritive values per portion **Calories** 435

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 21 g	**32%**	**Cholest.** 77 mg	**26%**	**Total Carb.** 47 g	**16%**	**Vitamin A**	**18%**	**Calcium**	**27%**
Sat. Fat 7 g	**37%**	**Sodium** 893 mg	**37%**	Fiber 1 g	**6%**	**Vitamin C**	**2%**	**Iron**	**35%**
Protein 15 g				Sugars 8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Clam sauce is excellent served on whole wheat pasta.
- 2 oz chopped green onion tops, 2 oz chopped chives, or 6 oz sliced mushrooms may be added for variety and color.
- Reduce fat by substituting milk for the light cream.

Variations

- **Pasta with Cheese Sauce.** Delete salt, nutmeg, and clams. Reduce margarine to 1 lb, flour to 12 oz, milk to 5 qt, and cream to 1 qt. Stir in 4 oz chicken base. Add 2 oz Parmesan cheese, 8 oz provolone cheese, and 4 oz shredded Swiss cheese, and stir until melted. Thin with hot milk if sauce becomes too thick.
- **Pasta with Shrimp Sauce.** Substitute 4 lb cooked salad shrimp for the clams.

PASTA PRIMAVERA

Yield: 50 portions *Portion:* 5 oz sauce + 4 oz pasta

Ingredient	*Amount*	*Procedure*
Carrots, fresh	1 lb	Cut carrots into thin julienne strips 1½ inches long. Steam until tender-crisp. Drain. Save for later step.
Broccoli cuts	1 lb	Steam broccoli until tender-crisp. Drain. Save for later step.
Margarine, melted	12 oz	Add onion and garlic to melted margarine.
Onion, chopped	4 oz	Cook until onions are tender.
Garlic, minced	4 cloves	
Flour, all-purpose	12 oz	Add flour. Stir with wire whip until flour is mixed in. Cook for 5 minutes, stirring often.
Water	2¾ qt	Combine water, milk, and chicken base and gradually add to roux, stirring with wire whip.
Milk	2½ qt	
Chicken base	4 oz	Cook, stirring often, until thickened and no starchy flavor remains.
Parsley, fresh, snipped	2½ cups	Add to hot sauce.
Basil, dried, crumbled	½ cup	Add carrots and broccoli cuts. Keep hot, 180°F. Thin as needed with hot milk or chicken stock.
Ham, diced, ½-inch cubes	1 lb 8 oz	
Frozen peas	10 oz	
Mushrooms, sliced	8 oz	
Pasta	5 lb	Cook pasta according to directions on p. 369.
Water, boiling	5 gal	Drain.
Salt	5 oz	Serve 5 oz sauce over 4 oz pasta, accompanied by Parmesan cheese.
Vegetable oil	3 Tbsp	

Approximate nutritive values per portion **Calories** 337

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**19%**	**Cholest.** 59 mg	**20%**	**Total Carb.** 43 g	**14%**	**Vitamin A**	**37%**	**Calcium**	**13%**
Sat. Fat 4 g	**18%**	**Sodium** 683 mg	**28%**	Fiber 2 g	**7%**	**Vitamin C**	**21%**	**Iron**	**21%**
Protein 13 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Vegetable base may be substituted for chicken base.
- ½ oz (¼ cup) dehydrated onion, rehydrated in ½ cup water, may be substituted for fresh onion.

SWISS BROCCOLI PASTA

Yield: 50 portions *Portion:* 4 oz sauce + 4 oz pasta

Ingredient	*Amount*	*Procedure*
Broccoli cuts	1 lb 12 oz	Steam broccoli until tender-crisp. (Do not overcook.) Drain. Save for later step.
Margarine, melted Flour, all-purpose	8 oz 8 oz	Combine melted margarine and flour in steam-jacketed or other kettle. Stir and cook until smooth (5–10 minutes).
Milk	3¼ qt	Add milk gradually. Cook over low heat, stirring constantly, until thick. Do not boil. Turn off heat.
Swiss cheese, shredded Nutmeg, ground	3 lb 4 oz ¼ tsp	Add cheese to hot sauce and stir until melted. Stir in nutmeg.
Mushrooms, sliced, canned, drained	1 lb	Stir in mushrooms and broccoli. Keep hot, 180°F.
Pasta Water, boiling Salt Vegetable oil	5 lb 5 gal 5 oz 3 Tbsp	Cook pasta according to directions on p. 369. Drain. Serve 4 oz sauce over 4 oz pasta. Thin sauce as necessary with hot milk.

Approximate nutritive values per portion **Calories** 381

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**25%**	**Cholest.** 79 mg	**26%**	**Total Carb.** 41 g	**14%**	**Vitamin A**	**18%**	**Calcium**	**49%**
Sat. Fat 8 g	**39%**	**Sodium** 1312 mg	**55%**	Fiber 2 g	**6%**	**Vitamin C**	**10%**	**Iron**	**17%**
Protein 18 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variation

- **Ham and Swiss Broccoli Pasta.** Omit nutmeg. Reduce cheese to 2 lb 8 oz, broccoli to 1 lb, and mushrooms to 8 oz. Add 2 lb diced ham and 8 oz diced green pepper.

LASAGNA FLORENTINE (WITH FROZEN LASAGNA NOODLE SHEETS)

Yield: 48 portions *Portion:* 10 oz
Oven: 350°F

Ingredient	*Amount*	*Procedure*
Chopped spinach, thawed	3 lb 8 oz (AP) (3 lb EP)	Steam spinach until just cooked. Drain well. Check weight after steaming. Need 3 lb chopped spinach for a later step.
Vegetable oil	½ cup	Heat oil to 350°F in steam-jacketed or other large kettle.
Onions, chopped	1 lb 4 oz (EP)	Sauté vegetables until tender.
Green peppers, chopped	12 oz (EP)	
Garlic, minced	2 oz (EP)	
Chopped tomatoes (canned)	5 lb 12 oz	Stir tomato products, sugar, and herbs into sautéed vegetables. Bring to a boil.
Tomato juice	2¼ qt	Reduce heat and simmer uncovered for 25 minutes.
Tomato paste	1 qt	
Sugar	2 Tbsp	
Parsley, minced	1¾ oz	
Oregano leaves, dried	2 tsp	
Bay leaves	4 leaves	
Basil leaves, dried	2 tsp	
Cottage cheese, cream style	5 lb	Combine cheeses, eggs, and spices. Mix with spinach reserved from earlier step.
Parmesan cheese, grated	1 lb	Mix well.
Eggs	9 oz	
Salt	1 Tbsp	
Pepper, black	1 Tbsp	
Frozen lasagna sheets	6 lb	Layer into two 12 × 20 × 2-inch pans according to following directions for each pan: 1. Tomato sauce: 1 qt + ½ cup 2. Lasagna sheets: 1 lb 8 oz (6 sheets) 3. Spinach mixture: 2 lb 5 oz 4. Mozzarella cheese: 11 oz 5. Repeat steps 1 through 4 6. Tomato sauce: 1 qt 7. Parmesan cheese: 2 oz
Mozzarella cheese, shredded	2 lb 14 oz	
Parmesan cheese, grated	4 oz	
		Bake at 350°F for 1–1½ hours. Cover with foil if browning too quickly. End-point temperature should be 180°–190°F. Let set 10–15 minutes after removing from the oven. Do not cover. Cut 4 × 6.

Approximate nutritive values per portion **Calories** 390

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**25%**	**Cholest.** 63 mg	**21%**	**Total Carb.** 36 g	**12%**	**Vitamin A**	**65%**	**Calcium**	**38%**
Sat. Fat 8 g	**41%**	**Sodium** 1065 mg	**44%**	Fiber 3.5 g	**14%**	**Vitamin C**	**51%**	**Iron**	**13%**
Protein 25 g				Sugars 5.7g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

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SPINACH LASAGNA (DEEP DISH)

Yield: 64 portions or 2 pans 12 × 20 × 4 inches *Portion:* 10 oz
Oven: 350°F *Bake:* 1½–2 hours

Ingredient	*Amount*	*Procedure*
Onions, chopped	1 lb 8 oz	Sauté vegetables in hot oil.
Green pepper, chopped	12 oz	
Garlic, minced	2 oz	
Vegetable oil	½ cup	
Tomatoes, diced, canned	8 lb	Stir tomato and seasonings into sautéed vegetables. Simmer uncovered for about 20 minutes.
Tomato juice	3 qt	Remove bay leaves. Use sauce in layering steps.
Tomato paste	2 lb 8 oz	
Parsley, chopped	3 oz	
Oregano, dried, crumbled	1 Tbsp	
Basil, dried, crumbled	1 Tbsp	
Bay leaves	2	
Spinach, chopped	3 lb	Cook spinach. Drain.
Cottage cheese	5 lb	Mix. Add to spinach.
Parmesan cheese, grated	1 lb	
Eggs, beaten	5 (8 oz)	
Salt	1 Tbsp	
Pepper, black	2 tsp	
Lasagna noodles, dry	5 lb	See the following directions for layering.
Mozzarella cheese, shredded	3 lb 12 oz	

Layer ingredients in each of two 12 × 20 × 4-inch pans as follows:

1. Tomato sauce, 3 lb 4 oz
2. Dry noodles, 13 oz
3. Spinach-cheese mixture, 2 lb 5 oz
4. Mozzarella cheese, 11 oz
5. Repeat layers 1 through 4
6. Dry noodles, 13 oz
7. Tomato sauce, 3 lb 4 oz
8. Mozzarella cheese, 8 oz

Bake at 350°F covered with aluminum foil for approximately 1 hour, or until internal temperature reaches 180°F. Remove foil and bake an additional 30–60 minutes or until hot and bubbly. If browning too fast, cover again with foil. Let set for 15–20 minutes before cutting. Cut 4 × 8.

Approximate nutritive values per portion **Calories** 346

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	**21%**	**Cholest.** 80 mg	**27%**	**Total Carb.** 37 g	**12%**	**Vitamin A**	**36%**	**Calcium**	**32%**
Sat. Fat 7 g	**34%**	**Sodium** 902 mg	**38%**	Fiber 4 g	**14%**	**Vitamin C**	**63%**	**Iron**	**20%**
Protein 20 g				Sugars 5g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Frozen lasagna noodle sheets may be used. Reduce diced tomatoes to 5 lb 8 oz, tomato juice to 2¼ qt, and tomato paste to 2 lb. Replace dry noodles with 6 lb frozen lasagna sheets, using 3 lb per pan.
- 3¾ oz (1¾ cups) dehydrated onions, rehydrated in 3 cups water, may be substituted for fresh onions.

LASAGNA

Yield: 48 portions or 2 pans 12 × 20 × 2 inches *Portion:* 6 oz
Oven: 350°F *Bake:* 45 minutes–1 hour

Ingredient	*Amount*	*Procedure*
Ground beef	5 lb (AP)	Cook beef, onion, and garlic until meat reaches an internal temperature of 155°F.
Onions, finely chopped	12 oz	Drain off fat.
Garlic, minced	2 cloves	
Tomato sauce	3 qt	Add tomato and seasonings to meat.
Tomato paste	1 qt	Simmer for about 30 minutes, stirring occasionally.
Pepper, black	1 tsp	
Basil, dried, crumbled	1 tsp	
Oregano, dried, crumbled	1 Tbsp	
Noodles, lasagna	2 lb 8 oz	Cook noodles according to directions on p. 369.
Water, boiling	2 gal	Store in cold water to keep noodles from sticking.
Salt	2 oz	Drain when ready to use.
Vegetable oil	2 Tbsp	
Mozzarella cheese, shredded	2 lb 8 oz	Combine cheeses.
Parmesan cheese, grated	6 oz	Arrange in two greased 12 × 20 × 2-inch counter pans in layers in the following order:
Ricotta cheese or cottage cheese, dry or drained	2 lb 8 oz	Meat sauce, 1 qt Noodles, overlapping, 1 lb 12 oz Cheeses, 1 lb 4 oz
		Repeat sauce, noodles, and cheese.
		Spoon remainder of meat sauce on top.
		Bake at 350°F for 45 minutes–1 hour.
		Let stand 15–20 minutes before cutting. Cut 4 × 6.

Approximate nutritive values per portion **Calories** 329

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**25%**	**Cholest.** 77 mg	**26%**	**Total Carb.** 26 g	**9%**	**Vitamin A**	**21%**	**Calcium**	**25%**
Sat. Fat 8 g	**41%**	**Sodium** 1205 mg	**50%**	Fiber 2 g	**8%**	**Vitamin C**	**29%**	**Iron**	**16%**
Protein 20 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 1½ oz (¾ cup) dehydrated onions, rehydrated in 1 cup water, may be substituted for fresh onions.

LASAGNA (WITH FROZEN LASAGNA NOODLE SHEETS)

Yield: 48 portions *Portion:* 8 oz
Oven: 350°F *Bake:* 1½ hours

Ingredient	*Amount*	*Procedure*
Ground beef	5 lb (AP) (3 lb EP)	Cook beef, onion, and garlic until meat reaches an internal temperature of 155°F.
Onions, finely chopped	2 lb 12 oz (EP)	
Garlic, minced	1 oz (EP)	
Chopped tomatoes (canned)	3 qt	Add tomatoes, seasonings, and herbs to ground beef mixture. Simmer uncovered for 45 minutes.
Tomato puree	3 cups	
Tomato paste	4½ cups	
Salt	2 oz	
Pepper, black	1 tsp	
Oregano leaves, dried	3 Tbsp	
Basil leaves, dried	3 Tbsp	
Parsley, chopped (fresh)	1½ oz	
Frozen lasagna sheets	3 lb	Layer into two 12 × 20 × 2-inch pans according to the following directions for each pan: 1. Meat sauce: 2 lb 2. Lasagna sheets: 12 oz (3 sheets) 3. Cottage cheese: 1 lb 5 oz 4. Parmesan cheese: 2½ oz 5. Mozzarella cheese: 12 oz 6. Meat sauce: 2 lb 8 oz 7. Repeat steps 2–6 8. Mozzarella cheese: 8 oz
Mozzarella cheese, shredded	4 lb	
Cottage cheese, cream style	5 lb 8 oz	
Parmesan cheese, grated	10 oz	
		Cover with foil. Bake at 350°F for 1–1½ hours. Uncover 20–30 minutes. Before cutting, let set 10–15 minutes after removing from the oven. Do not cover. Cut 4 × 6.

Approximate nutritive values per portion **Calories** 440

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 18 g	**27%**	**Cholest.** 70 mg	**23%**	**Total Carb.** 37g	**12%**	**Vitamin A**	**22%**	**Calcium**	**34%**
Sat. Fat 9g	**46%**	**Sodium** 1100 mg	**46%**	Fiber 3.4 g	**14%**	**Vitamin C**	**27%**	**Iron**	**18%**
Protein 33 g				Sugars 8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

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BASIL AND PARMESAN BOWS WITH SUGAR SNAP PEAS

Yield: 50 entrees or 100 accompaniment portions *Portion:* 8 oz (entree) or 4 oz (accompaniment)

Ingredient	*Amount*	*Procedure*
Pasta, bow tie shape	11 lb	Cook pasta according to directions on p. 369.
Water, boiling	11 gal	Drain.
Salt	11 oz	Save for later step.
Vegetable oil	⅓ cup	
Olive oil	1½ cup	Heat oil to 350°F in tilting fry pan or steam-jacketed kettle. Add red pepper.
Red pepper, crushed	¼ tsp	
Sugar snap peas (fresh or frozen)	4 lb 8 oz (EP)	Sauté garlic and sugar snap peas in hot oil just until peas are tender-crisp.
Garlic, minced	2 oz (EP)	Add peas to pasta. Stir carefully to mix. Take up into four 12 × 20 × 4-inch pans.
Parmesan cheese, freshly shredded	2 lb	Sprinkle 8 oz cheese and approximately ½ cup fresh basil on each pan. Toss to blend.
Fresh basil, chopped	2 oz	

Approximate nutritive values per portion (Entree Portion) **Calories** 270

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	**20%**	**Cholest.** 38 mg	**13%**	**Total Carb.** 28 g	**9%**	**Vitamin A**	**14%**	**Calcium**	**22%**
Sat. Fat 4.5 g	**22%**	**Sodium** 242 mg	**10%**	Fiber 3.4 g	**14%**	**Vitamin C**	**13%**	**Iron**	**10%**
Protein 11 g				Sugars 4.9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Basil oil can be substituted for olive oil. Basil Oil can be purchased or made by combining ½ cup olive oil, 1 cup vegetable oil, and 1 tsp dried basil leaves. Store covered in refrigerator for 24 hours before using.

GARLIC AND RED PEPPER PENNE

Yield: 50 entrees or 100 accompaniment portions *Portion:* 8 oz (entree) or 4 oz (accompaniment)

Ingredient	*Amount*	*Procedure*
Penne	12 lb	Cook according to directions on p. 369. Drain.
Water, boiling	12 gal	
Salt	12 oz	
Olive oil	2 cups	Sauté red pepper, garlic, and basil in oil.
Red pepper, crushed	1 Tbsp	Mix with drained pasta.
Garlic cloves, minced	12 oz (EP)	
Basil, dried	¼ cup	
Fresh parsley, chopped	6 oz	Add parsley and salt to pasta. Toss to mix.
Salt	2 tsp	Keep warm, 160°F.

Approximate nutritive values per portion (Entree Portion) **Calories** 225

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8.7 g	**13%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 30 g	**10%**	**Vitamin A**	**2%**	**Calcium**	**4%**
Sat. Fat 1 g	**6%**	**Sodium** 123 mg	**5%**	Fiber 1.6 g	**6%**	**Vitamin C**	**11%**	**Iron**	**11%**
Protein 5.4 g				Sugars 3.8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

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Variation

- **Lemon and Herb Penne.** Mix together 1 cup freshly squeezed lemon juice, 1 lb fresh minced parsley, 5 Tbsp dried basil, and 1 Tbsp black pepper. Toss herb-lemon mixture with 12 lb cooked penne pasta. Drizzle 2 cups olive oil over pasta and mix. Stir in 2 lb freshly grated Parmesan cheese.

ROASTED EGGPLANT AND CHICKPEA RAGOUT ON PENNE

Yield: 50 portions *Portion:* 6 oz sauce + 4 oz penne pasta
Oven: 400°F

Ingredient	*Amount*	*Procedure*
Eggplant, unpeeled, ¾-inch cubes	5 lb (EP)	Gently mix eggplant with 1½ Tbsp of salt. Let drain in colander for 30 minutes. Rinse eggplant well, two or three times. Dry on paper towel.
Olive oil	2 oz	Place eggplant in bowl. Pour oil over eggplant and mix to coat. Place eggplant in a single layer on a baking sheet. Roast at 400°F for 10–12 minutes, turning once halfway through. Reserve for later step.
Olive oil	2 oz	Heat oil to 350°F in tilting or other large fry pan.
Red bell peppers, ½-inch dice	12 oz (EP)	Add vegetables, tumeric, and red pepper to oil.
Yellow bell peppers, ½-inch dice	8 oz (EP)	Sauté vegetables for 5 minutes.
Green bell peppers, ½-inch dice	12 oz (EP)	
Onions, ½-inch dice	2 lb 4 oz (EP)	
Garlic, minced	2 oz (EP)	
Tumeric	1 tsp	
Crushed red pepper	¼ tsp	
Tomato paste	5 oz	Add tomato paste and water to vegetables.
Water	8 oz	Cook and stir until most of the liquid has been absorbed.
Diced tomatoes (canned)	2 lb 4 oz	Add tomatoes and beans to vegetable mixture.
Garbanzo beans, drained (canned)	3 lb 10 oz (EP)	Stir in eggplant reserved from earlier step.
Dried thyme leaves	2½ tsp	Add spices and water to eggplant mixture.
Salt	1 oz	Simmer stirring occasionally until mixture has thickened and vegetables are tender (15–20 minutes).
Dried parsley	6 Tbsp	
Dried basil leaves	1 Tbsp	Take up into serving pans and cover.
Water	1¾ qt	
Penne	6 lb	Cook penne according to directions on page 369. Drain.
Water	6 gal	Serve 6 oz ragout over 4 oz pasta.
Salt	6 oz	
Vegetable oil (optional)	3 Tbsp	

Approximate nutritive values per portion **Calories** 250

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	8%	**Cholest.** 53 mg	18%	**Total Carb.** 43 g	14%	**Vitamin A**	6%	**Calcium**	4%
Sat. Fat 1 g	5%	**Sodium** 431 mg	18%	Fiber 4.7 g	19%	**Vitamin C**	58%	**Iron**	15%
Protein 9 g				Sugars 3.1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- A frozen pepper blend can be substituted for the green, red, and yellow peppers.

RIGATONI AND SPINACH

Yield: 50 entrees or 100 accompaniment portions *Portion:* 8 oz (entree) or 4 oz (accompaniment)

Ingredient	*Amount*	*Procedure*
Rigatoni	8 lb	Cook pasta according to directions on p. 369.
Water	8 gal	Drain.
Salt	8 oz	Reserve pasta for later step.
Vegetable oil (optional)	¼ cup	
Basil oil (see Notes)	1½ cups	Heat oil to 350°F in steam-jacketed or other large kettle.
Onion, chopped	8 oz (EP)	Sauté onion and garlic until tender.
Garlic, minced	8 oz (EP)	Stir in red pepper.
Crushed red pepper	5 tsp	
Water	2 cups	Dissolve base in water. Add liquid, spinach, and oil to garlic-onion mixture. Cook only until spinach is wilted.
Vegetable base	1 oz	
Fresh spinach, coarsely chopped	3 lb 4 oz (EP)	Stir spinach mixture into pasta (reserved from earlier step).
Vegetable oil	¼ cup	
Parmesan cheese, grated	2 lb	Stir 1 lb Parmesan cheese into pasta. Serve the remainder of the cheese as a condiment.

Approximate nutritive values per portion (Entree Portion) **Calories** 255

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	**20%**	**Cholest.** 14 mg	**5%**	**Total Carb.** 22 g	**7%**	**Vitamin A**	**24%**	**Calcium**	**30%**
Sat. Fat 4.3 g	**22%**	**Sodium** 457 mg	**19%**	Fiber 1.8 g	**7%**	**Vitamin C**	**17%**	**Iron**	**11%**
Protein 12 g				Sugars 2.7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Basil Oil can be purchased or made by combining ½ cup olive oil, 1 cup vegetable oil, and ½ tsp dried basil leaves. Store covered in refrigerator for 24 hours before using.

BAKED ZITI WITH FOUR CHEESES

Yield: 48 portions or 2 pans 12 × 20 × 4 inches *Portion:* 8 oz
Oven: 350°F *Bake:* 20–25 minutes

Ingredient	*Amount*	*Procedure*
Tomatoes, canned, crushed	5½ qt	Combine tomatoes and seasonings in steam-jacketed kettle.
Tomato puree	1 qt	Cover and simmer about 10 minutes.
Onion, finely chopped	3 oz	Turn off heat.
Basil, dried, crumbled	1 Tbsp	
Oregano, dried, crumbled	2 tsp	
Parsley, fresh, minced	4 oz	
Pepper, black	½ tsp	
Salt	1 oz (1½ Tbsp)	
Ziti	3 lb	Cook according to directions on p. 369. Drain.
Water	3 gal	Cooked yield should be about 6 lb 6 oz.
Salt	3 oz	
Vegetable oil (optional)	2 Tbsp	
Cottage cheese	3 lb	Layer as follows into two 12 × 20 × 4-inch pans:
Mozzarella cheese, shredded	1 lb 8 oz	1. 2 lb sauce
		2. 1 lb 10 oz cooked ziti
Swiss cheese, shredded	1 lb 8 oz	3. 12 oz cottage cheese
		4. 6 oz mozzarella cheese
		5. 6 oz Swiss cheese
		Repeat steps 1–5.
		Smooth 2 lb sauce over top.
Parsley, fresh, minced	4 oz	Sprinkle 2 oz parsley over sauce.
		Sprinkle 8 oz provolone cheese over parsley.
Provolone cheese, shredded	1 lb	Cover. Bake at 350°F for 20–25 minutes or until 180°F and cheese melts.

Approximate nutritive values per portion **Calories** 302

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	**20%**	**Cholest.** 62 mg	**21%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**23%**	**Calcium**	**35%**
Sat. Fat 7 g	**36%**	**Sodium** 1372 mg	**57%**	Fiber 2 g	**8%**	**Vitamin C**	**50%**	**Iron**	**14%**
Protein 18 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

PASTA WITH VEGETABLE SAUCE

Yield: 50 portions or 2½ gal sauce *Portion:* 6 oz sauce + 4 oz pasta

Ingredient	*Amount*	*Procedure*
Onions, chopped Olive oil	2 lb 1 cup	Sauté onion in oil until tender, using a steam-jacketed or other large kettle.
Oregano, dried, crumbled Basil, dried, crumbled Pepper, black Garlic powder Salt Bay leaves	¼ cup ½ oz (½ cup) 1 Tbsp 1 Tbsp 1 oz (1½ Tbsp) 2	Add spices to onion. Mix well.
Tomato juice Tomato paste	5 46-oz cans 1 lb 12 oz	Add tomato juice and paste to spices and onion. Heat to boiling. Reduce heat and simmer uncovered for 15–20 minutes. Remove bay leaves.
Zucchini, sliced Mushrooms, sliced	2 lb 8 oz 1 lb 8 oz	Add zucchini and mushrooms just before serving. Cook only until zucchini is tender. Keep hot, 180°F.
Pasta Water, boiling Salt Vegetable oil (optional)	5 lb 5 gal 5 oz 3 Tbsp	Cook pasta according to directions on p. 369. Serve 6 oz sauce over 4 oz pasta.

Approximate nutritive values per portion **Calories** 263

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**10%**	**Cholest.** 43 mg	**14%**	**Total Carb.** 44 g	**15%**	**Vitamin A**	**15%**	**Calcium**	**6%**
Sat. Fat 1 g	**5%**	**Sodium** 1030 mg	**43%**	Fiber 4 g	**16%**	**Vitamin C**	**55%**	**Iron**	**25%**
Protein 9 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 2 cups finely chopped fresh basil may be substituted for dried basil.
- 4 oz (2 cups) dehydrated onions, rehydrated in 3 cups water, may be substituted for fresh onions.

Variations

- **Italian Sausage Pasta.** Delete olive oil, salt, and zucchini. Brown 5 lb bulk Italian sausage in steam-jacketed kettle. Drain. Add onions to sausage and continue to cook until onions are tender. Add spices, tomato juice, and tomato paste. Simmer for 15–20 minutes. Add meat sauce to 6 lb 8 oz cooked pasta (approximately 3 lb AP) and mix gently. Be careful not to overcook pasta. Scale 12 lb per 12 × 20 × 2-inch pan. Sprinkle 1 lb shredded mozzarella cheese over each pan and place in low oven until cheese is melted. Suggested pasta combination: 1 lb (AP) rotini, 1 lb (AP) bow ties, 1 lb (AP) rigatoni.
- **Pizza Sauce.** Reduce olive oil to 4 oz. Delete zucchini and mushrooms. Increase tomato paste to 5 lb 8 oz and decrease tomato juice to 5¼ qt. Add 1 tsp fennel seed, 2 Tbsp sugar, 1 tsp paprika, and ¼ tsp cayenne. Spread 1 qt sauce on top of 18 × 26-inch pizza dough before adding toppings.
- **Sandwich Tomato Sauce.** Delete salt, zucchini, and mushrooms. Add 1 Tbsp sugar. Reduce olive oil to 1 Tbsp, onions to ½ cup, oregano to 1 tsp, basil to 1 Tbsp, pepper to ½ tsp, garlic powder to ½ tsp, bay leaf to 1 leaf, tomato juice to 1½ qt, and tomato paste to 1½ cups. Yield: 50 1-oz servings.

PASTA WHEELS AND VEGETABLES

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Pasta wheels	5 lb	Cook according to directions on p. 369. Drain. (Should yield 10 lb cooked pasta.)
Water	5 gal	
Salt	5 oz	Scale 3 lb 5 oz into each of three 12 × 10 × 4-inch counter pans.
Vegetable oil	3 Tbsp	
Margarine, melted	1 lb	Combine margarine and basil. Ladle 5 oz over each pan of pasta. Toss to coat. Keep hot.
Basil, crumbled, dried	3 Tbsp	
Broccoli florets	1 lb	Steam vegetables separately until tender-crisp.
Sweet red pepper strips	1 lb	To each pan of pasta, add 5 oz broccoli, 5 oz red peppers, and 2 oz carrots.
Carrot sticks, matchstick	6 oz	Toss. Keep warm, 160° F.

Approximate nutritive values per portion **Calories** 247

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**14%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 35 g	**12%**	**Vitamin A**	**14%**	**Calcium**	**3%**
Sat. Fat 2 g	**9%**	**Sodium** 1202 mg	**50%**	Fiber 0.2 g	**1%**	**Vitamin C**	**23%**	**Iron**	**11%**
Protein 6 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Other vegetables and pasta may be substituted. Suggested vegetables: zucchini, summer squash, asparagus, bell peppers (green, yellow, or red). Suggested pasta: shells, mostaccioli, bow ties.
- May be served as a side dish with poultry or pork or, sprinkled with Parmesan or Romano cheese, as an entree.

Variations

- **Fettuccine with Herbed Butter Sauce.** Substitute fettuccine for pasta wheels. Omit vegetables. To the melted margarine, add 3 Tbsp dried basil leaves, 1 Tbsp dried thyme leaves, 1 cup snipped parsley, and ½ cup chopped chives. Toss pasta in margarine sauce. Serve hot.
- **Fettuccine with Pesto Sauce.** Cook and drain fettuccine. Toss with pesto sauce (2 oz pesto to 6 oz cooked pasta). If necessary, thin sauce with small amount of pasta water. Serve at once. May sprinkle with freshly grated Parmesan or Romano cheese and cracked black pepper.

CREOLE SPAGHETTI

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz
Oven: 325°F *Bake:* 20–30 minutes

Ingredient	*Amount*	*Procedure*
Ground beef	7 lb (AP) (4 lb 10 oz EP)	Cook beef in steam-jacketed or other kettle until meat reaches 155°F. Drain off fat.
Onion, chopped Green pepper, chopped	8 oz 5 oz	Add onion and green pepper to meat. Cook until vegetables are tender.
Water Tomatoes, canned, diced Tomato puree Tomato paste	2 qt 2 qt 2 qt 1 qt	Add water, tomatoes, sauce, and puree to meat.
Salt Sugar, granulated Pepper, cayenne Garlic, fresh, minced Worcestershire sauce Bay leaves Thyme, ground Oregano, crumbled, dried	2 Tbsp 1 Tbsp 1 tsp 2 cloves ¼ cup 4 1 tsp 1 Tbsp	Add seasonings to meat mixture. Stir to blend. Simmer for 15 minutes. Remove bay leaves.
Spaghetti Water, boiling Salt Vegetable oil (optional)	2 lb (AP) (6 lb cooked) 3 gal 3 oz 2 Tbsp	Cook spaghetti according to directions on p. 369. Do not overcook.
Cheddar cheese, shredded	1 lb 4 oz	Combine hot sauce and hot cooked spaghetti. Pour into two 12 × 20 × 2-inch baking pans, 13 lb 12 oz per pan. Sprinkle cheese over top. Bake at 325°F for 20–30 minutes, 180°F internal temperature.

Approximate nutritive values per portion **Calories** 273

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**19%**	**Cholest.** 53 mg	**18%**	**Total Carb.** 23 g	**8%**	**Vitamin A**	**16%**	**Calcium**	**12%**
Sat. Fat 6 g	**28%**	**Sodium** 767 mg	**32%**	Fiber 3 g	**12%**	**Vitamin C**	**56%**	**Iron**	**17%**
Protein 18 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 1 oz (½ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.

VEGETARIAN SPAGHETTI

Yield: 50 portions or 1 pan 12 × 20 × 4 inches *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Margarine, melted Flour, all-purpose	1 lb 12 oz	Combine margarine and flour in steam-jacketed kettle. Cook and stir until smooth. Cook 5 minutes, stirring frequently.
Milk	1 gal	Add milk gradually. Cook over low heat until thickened, stirring constantly. Turn off heat.
Salt American cheese, shredded	1 Tbsp 1 lb 6 oz	Add salt and cheese to sauce. Stir until cheese melts.
Carrots, sliced Green peppers, chopped Celery, chopped Broccoli, cut	1 lb 12 oz 8 oz 1 lb 1 lb	Steam vegetables until tender. Drain. Combine with cheese sauce.
Mushrooms, pieces and stems, canned	3 lb	Add mushrooms to sauce. Keep hot, 180°F.
Spaghetti Water, boiling Salt Vegetable oil	2 lb 12 oz 2¾ gal 3 oz 2 Tbsp	Cook spaghetti according to directions on p. 369. Drain. Combine cooked spaghetti gently with cheese sauce.

Approximate nutritive values per portion **Calories** 296

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 15 g	**22%**	**Cholest.** 22 mg	**7%**	**Total Carb.** 32 g	**11%**	**Vitamin A**	**63%**	**Calcium**	**24%**
Sat. Fat 6 g	**28%**	**Sodium** 684 mg	**29%**	Fiber 3 g	**10%**	**Vitamin C**	**23%**	**Iron**	**13%**
Protein 10 g				Sugars 6 g					

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Note

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Variations

- **Garden Pasta.** Substitute 3 lb rotini for spaghetti. Omit green peppers and salt. Reduce mushrooms to 2 lb. Increase milk to 1¼ gal and cheese to 2 lb. Add 4 oz chicken base. Add 1 lb 8 oz cauliflower florets, steamed only until tender-crisp.
- **Spaghetti with Vegetarian Sauce.** Ladle 4 oz of sauce over 4 oz cooked spaghetti. Increase spaghetti to 5 lb AP for 50 servings.

SPAGHETTI WITH CHICKEN SAUCE

Yield: 50 portions *Portion:* 6 oz sauce + 4 oz spaghetti

Ingredient	*Amount*	*Procedure*
Margarine	7 oz	Sauté vegetables in margarine until tender-crisp.
Celery, chopped	1 lb 8 oz	
Onions, chopped	1 lb 8 oz	
Green peppers, chopped	2 oz	
Flour, all-purpose	10 oz	Stir in flour. Cook over low heat for 10 minutes.
Chicken stock (p. 598)	4¾ qt	Add stock to vegetable mixture, stirring constantly. Cook until thickened.
Salt	2 tsp	Season with salt and pepper.
Pepper, white	1 tsp	
Chicken, cooked, cubed	7 lb	Fold in chicken and pimiento. Keep hot, 180°F.
Pimiento, chopped	2 oz	
Spaghetti	5 lb	Cook spaghetti according to directions on p. 369.
Water, boiling	5 gal	Serve 6 oz sauce over 4 oz spaghetti.
Salt	5 oz	
Vegetable oil (optional)	3 Tbsp	

Approximate nutritive values per portion **Calories** 366

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**15%**	**Cholest.** 54 mg	**18%**	**Total Carb.** 40 g	**13%**	**Vitamin A**	**4%**	**Calcium**	**5%**
Sat. Fat 2 g	**12%**	**Sodium** 709 mg	**30%**	Fiber 2 g	**7%**	**Vitamin C**	**6%**	**Iron**	**22%**
Protein 27 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Sauce may be combined with spaghetti and served as a casserole.
- 3 oz (1½ cups) dehydrated onions, rehydrated in 2¼ cups water, may be substituted for fresh onions.

SPAGHETTI WITH MEAT SAUCE

Yield: 50 portions *Portion:* 6 oz sauce + 4 oz spaghetti

Ingredient	*Amount*	*Procedure*
Ground beef	8 lb AP	Brown beef until internal temperature reaches 155°F. Drain off fat.
Tomato puree (or tomatoes)	5 qt	Add remaining sauce ingredients to cooked beef. Cook slowly, stirring frequently, until thickened, approximately ½ hour.
Water	1 qt	
Tomato sauce	1¾ qt	Remove bay leaves before serving.
Onions, chopped	1 lb	Keep hot, 190°F.
Bay leaves	2	
Thyme, ground	1 tsp	
Garlic, minced	1 clove	
Oregano, dried, crumbled	1 Tbsp	
Basil, dried, crumbled	1 Tbsp	
Sugar, granulated	1 oz (2 Tbsp)	
Worcestershire sauce	¼ cup	
Pepper, cayenne	1 tsp	
Salt	1 oz (1½ Tbsp)	
Spaghetti	5 lb	Cook spaghetti according to directions on p. 369.
Water, boiling	5 gal	Serve 6 oz sauce over 4 oz spaghetti.
Salt	5 oz	
Vegetable oil	3 Tbsp	

Approximate nutritive values per portion **Calories** 371

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**17%**	**Cholest.** 47 mg	**16%**	**Total Carb.** 48 g	**16%**	**Vitamin A**	**21%**	**Calcium**	**6%**
Sat. Fat 4 g	**20%**	**Sodium** 1090 mg	**45%**	Fiber 4 g	**16%**	**Vitamin C**	**71%**	**Iron**	**32%**
Protein 21 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Grated Parmesan cheese may be sprinkled over top of each serving.
- 2 oz (1 cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

SPAGHETTI WITH MEATBALLS

Yield: 50 portions *Portion:* 3 2-oz or 2 3-oz meatballs + 4 oz spaghetti
Oven: 400°F, 350°F *Bake:* 15, 30 minutes

Ingredient	*Amount*	*Procedure*
MEATBALLS		
Ground beef	15 lb (AP)	Mix meat, bread crumbs, eggs, milk, and seasonings on low speed. Do not overmix.
Bread crumbs, dry	8 oz	
Eggs	16 (1lb 10 oz)	Portion meat with No. 20 dipper onto baking sheets for 150 2-oz balls; use No. 12 dipper for 100 3-oz balls.
Milk	3¾ cups	
Salt	3 oz	Brown in 400°F oven for 15–20 minutes, or until internal temperature reaches 155°F.
Pepper, black	4 tsp	Remove to 12 × 20 × 4-inch counter pan or roasting pan.
Basil, dried, crumbled	4 Tbsp	
Garlic, minced	6 cloves	
Parley, fresh chopped (optional)	3 cups	
SAUCE		
Italian Tomato Sauce p. 573	2 gal (1 recipe)	Make sauce according to directions. Pour over browned meatballs. Cover and cook in 350°F oven for about 30 minutes.
PASTA		
Spaghetti	5 lb	Cook spaghetti according to directions on p.369.
Water, boiling	5 gal	Serve 2 or 3 meatballs and 5 oz sauce over 4 oz spaghetti.
Salt	5 oz	
Vegetable oil	3 Tbsp	

Approximate nutritive values per portion **Calories** 550

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 24 g	**37%**	**Cholest.** 148 mg	**49%**	**Total Carb.** 50 g	**17%**	**Vitamin A**	**26%**	**Calcium**	**12%**
Sat. Fat 9 g	**45%**	**Sodium** 1962 mg	**82%**	Fiber 4 g	**15%**	**Vitamin C**	**43%**	**Iron**	**43%**
Protein 33 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- If desired, mix the cooked spaghetti with the tomato sauce. Place in two counter pans, arrange meatballs over top, and bake at 375°F for 20–30 minutes.

HUNGARIAN GOULASH

Yield: 50 portions *Portion:* 6 oz goulash + 4 oz noodles

Ingredient	*Amount*	*Procedure*
Beef, cubed	10 lb (AP)	Brown beef and vegetables in shortening in steam-jacketed kettle or tilting fry pan.
Onion, chopped	1 lb 8 oz	
Garlic, finely chopped	1 clove	
Shortening	8 oz	
Sugar, brown	5 oz	Combine sugar, seasonings, and liquid ingredients.
Mustard, dry	1 Tbsp	Add to browned meat.
Paprika	1 oz (¼ cup)	Cover container and simmer 1–2 hours or until meat is tender.
Pepper, cayenne	⅛ tsp	
Salt	2½ oz	
Worcestershire sauce	1½ cups	
Vinegar, cider	2 Tbsp	
Catsup	1 qt	
Water	3 qt	
Flour, all-purpose	1 lb 4 oz	Mix flour and water until smooth.
Water, cold	1 qt	Add gradually to hot mixture and cook until thickened. Keep hot, 190°F.
Noodles	4 lb 8 oz	Cook noodles according to directions on p. 369.
Water, boiling	4½ gal	Serve 6 oz goulash over 4 oz noodles.
Salt	2 oz	
Vegetable oil	3 Tbsp	

Approximate nutritive values per portion **Calories** 390

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**16%**	**Cholest.** 90 mg	**30%**	**Total Carb.** 48 g	**16%**	**Vitamin A**	**8%**	**Calcium**	**6%**
Sat. Fat 3 g	**15%**	**Sodium** 1093 mg	**46%**	Fiber 2 g	**8%**	**Vitamin C**	**27%**	**Iron**	**33%**
Protein 24 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Beef may be browned in a roasting pan in 450°F oven.
- 3 lb 8 oz dry rice, cooked, may be substitued for the noodles. See p. 399 for directions for cooking.
- 3 oz (1½ cups) dehydrated onions, rehydrated in 2¼ cups water, may be substituted for fresh onions.

CHICKEN TETRAZZINI

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz
Oven: 350°F *Bake:* 30–40 minutes

Ingredient	*Amount*	*Procedure*
Cooked chicken	6 lb	Dice chicken.
Pimiento, chopped	4 oz	Add pimiento and parsley.
Parsley, chopped	2 Tbsp	
Spaghetti	3 lb (AP) (9 lb cooked)	Cook spaghetti according to directions on p. 369 Drain.
Water, boiling	3 gal	
Salt	1 oz (1½ Tbsp)	
Vegetable oil (optional)	2 Tbsp	
Margarine	6 oz	Sauté vegetables in margarine.
Onion, finely chopped	1 lb	
Green peppers, chopped	4 oz	
Mushrooms, sliced	1 lb 8 oz	
Flour, all-purpose	9 oz	Blend flour and seasonings into sautéed vegetables.
Salt	1 tsp	Stir in chicken base. Cook 5 minutes.
Pepper, black	1 tsp	
Chicken base	3 oz	
Water	1 gal	Add water, stirring constantly. Cook until thickened. Combine cooked spaghetti, chicken, and sauce. Scale into two greased 12 × 20 × 2-inch baking pans, 10 lb per pan.
Processed cheese, shredded	1 lb	Sprinkle 8 oz cheese over top of each pan. Bake at 350°F for 30-40 minutes or until internal temperature reaches 180°F and cheese is bubbly.

Approximate nutritive values per portion **Calories** 284

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**16%**	**Cholest.** 54 mg	**18%**	**Total Carb.** 25 g	**8%**	**Vitamin A**	**5%**	**Calcium**	**8%**
Sat. Fat 3 g	**17%**	**Sodium** 500 mg	**21%**	Fiber 2 g	**7%**	**Vitamin C**	**8%**	**Iron**	**11%**
Protein 22 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 18–20 lb chickens AP will yield approximately 6 lb cooked meat.
- 2 oz (1 cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

Variations

- **Tuna Tetrazzini.** Substitute tuna for chicken.
- **Turkey Tetrazzini.** Substitute turkey for chicken.

PASTA, BEEF, AND TOMATO CASSEROLE

Yield: 50 portions *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Ground beef	10 lb (AP) (7 lb EP)	Cook meat in kettle until internal temperature reaches 155°F. Stir often to prevent lumps from forming. Drain off fat.
Onions, chopped	6 oz	Add onions and celery to meat.
Celery, chopped	3 oz	Cook until tender.
Tomatoes, canned, diced	1½ gal	Add tomatoes and seasonings to meat mixture.
Tomato puree	2 cups	Simmer 45–60 minutes.
Chili sauce	3 cups	
Salt	2 oz (3 Tbsp)	
Pepper, black	1½ tsp	
Sugar, granulated	2 Tbsp	
Macaroni, elbow	2 lb 8 oz	Cook macaroni according to directions on p.369.
Water, boiling	2½ gal	Fold into tomato-meat mixture.
Salt	2 oz	Keep hot, 180°F.
Vegetable oil	2 Tbsp	

Approximate nutritive values per portion **Calories** 313

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	**20%**	**Cholest.** 62 mg	**21%**	**Total Carb.** 27 g	**9%**	**Vitamin A**	**12%**	**Calcium**	**6%**
Sat. Fat 5 g	**24%**	**Sodium** 982 mg	**41%**	Fiber 1 g	**5%**	**Vitamin C**	**38%**	**Iron**	**23%**
Protein 22 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Other pasta shapes may be substituted for macaroni.
- ¾ oz (⅓ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.

BEEF, PORK, AND NOODLE CASSEROLE

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 6 oz
Oven: 325°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Ground beef	4 lb (AP)	Brown meat and onion until internal temperature reaches 155°F.
Ground pork	4 lb (AP)	
Onion, finely chopped	1 lb	Drain off fat.
Tomato soup	1½ qt	Mix soup, water, and seasonings. Add to meat and simmer for 10 minutes.
Water	1½ qt	
Salt	1 Tbsp	
Pepper, black	1 tsp	
Noodles	1 lb 12 oz	Cook noodles according to directions on p. 369. Drain.
Water, boiling	1¼ gal	
Salt	2 Tbsp	
Vegetable oil (optional)	1 Tbsp	
Cheddar cheese, grated or ground	2 lb	Combine noodles, meat mixture, and cheese. Scale into two 12 × 20 × 2-inch pans, 8 lb 4 oz per pan.
Bread crumbs	1 lb 2 oz	Combine crumbs and margarine.
Margarine, melted	5 oz	Sprinkle over meat and noodle mixture, 10 oz per pan. Bake at 325°F for 30 minutes. Keep hot, 180°F.

Approximate nutritive values per portion **Calories** 332

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 18 g	**28%**	**Cholest.** 77 mg	**26%**	**Total Carb.** 21 g	**7%**	**Vitamin A**	**9%**	**Calcium**	**20%**
Sat. Fat 8 g	**40%**	**Sodium** 581 mg	**24%**	Fiber 1 g	**2%**	**Vitamin C**	**14%**	**Iron**	**17%**
Protein 20 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 2 oz (1 cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

BEEF ON NOODLES

Yield: 50 portions *Portion:* 6 oz meat and sauce + 4 oz noodles

Ingredient	*Amount*	*Procedure*
Beef, cubed	15 lb (AP) (10 lb EP)	Brown beef in steam-jacketed or other kettle.
Onions, chopped Celery, chopped	2 lb 8 oz 1 lb 8 oz	Add onions and celery to meat. Sauté until vegetables are tender.
Water Pepper, black Worcestershire sauce	2 qt 1 Tbsp ½ cup	Add water and seasonings to meat-vegetable mixture. Simmer until beef is tender.
Flour, all-purpose Water Beef base	12 oz 1½ qt 5 oz	Make a smooth paste of flour, water, and beef base. Add to meat mixture to make a gravy. Cook until thickened. Keep hot, 180°F.
Noodles Water, boiling Salt Vegetable oil	4 lb (AP) (12 lb cooked) 4 gal 4 oz 2 Tbsp	Cook noodles according to directions on p. 369. Drain. Serve 6 oz beef and sauce over 4 oz cooked noodles.

Approximate nutritive values per portion **Calories** 381

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**16%**	**Cholest.** 122 mg	**41%**	**Total Carb.** 34 g	**11%**	**Vitamin A**	**1%**	**Calcium**	**4%**
Sat. Fat 4 g	**18%**	**Sodium** 237 mg	**10%**	Fiber 2 g	**7%**	**Vitamin C**	**11%**	**Iron**	**36%**
Protein 35 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 5 oz (2½ cups) dehydrated onions, rehydrated in 3¼ cups water, may be substituted for fresh onions.

RICE RECIPES

COOKING RICE

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Rice, converted	3 lb 8 oz	Cook in steamer, oven, or in a stockpot or steam-jacketed kettle, according to directions that follow.
Salt	2 Tbsp	
Margarine or vegetable oil	2 Tbsp	
Water, hot	4¼ qt	

Steamer

Weigh rice into a 12 × 20 × 2-inch counter pan. Add salt and margarine.
Pour boiling water over rice. Stir.
Steam uncovered for 30–40 minutes.
Fluff with fork.

Oven

Weigh rice into a 12 × 20 × 2-inch counter pan. Add salt and margarine.
Pour boiling water over rice. Stir.
Cover pans tightly with aluminum foil.
Bake at 350°F for 1 hour.
Remove from oven and let stand covered for 5 minutes.
Fluff with fork.

Stockpot or Steam-Jacketed Kettle (Boiled Rice)

Bring water to a boil in steam-jacketed kettle or other large kettle.
Add salt, rice, and margarine. Stir. Cover tightly.
Cook on low heat until rice is tender and all water is absorbed, about 15–20 minutes.
Remove from heat and let stand covered 5–10 minutes.
Fluff with fork.

Approximate nutritive values per portion **Calories** 118

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	1%	**Cholest.** 0 mg	0%	**Total Carb.** 25 g	8%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 265 mg	11%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	7%
Protein 2 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- If using regular white rice in place of converted rice, the cooking time may need to be reduced.
- For brown rice, increase cooking time to 50–60 minutes for steamed rice, to 1½ hours for baked rice, and to 40–50 minutes for boiled rice.
- For buttered rice, add 5 oz butter or margarine. Add to dry rice in counter pan. Add salt and hot water.
- 1 lb uncooked rice yields 2 qt cooked rice.
- Suggested spices to use with rice: allspice, basil, coriander, curry powder, ginger, marjoram, mint, oregano, rosemary, tarragon, thyme.

GINGER RICE

Yield: 50 portions *Portion:* 4 oz
Oven: 350°F *Bake:* 45 minutes

Ingredient	*Amount*	*Procedure*
Margarine	½ cup	Sauté vegetables and cinnamon in oil until vegetables begin to soften, 10–15 minutes.
Oil	½ cup	
Onion, diced	1 lb (EP)	
Garlic, minced	4 oz (EP)	
Fresh ginger, peeled and minced	4 oz (EP)	
Carrots, peeled and diced	8 oz (EP)	
Cinnamon	1 tsp	
Rice, converted	3 lb	Add uncooked rice to vegetables and stir over heat until completely coated with margarine and oil.
Salt	1 tsp	Place rice-vegetable mixture in a 12 × 20 × 4-inch counter pan.
Pepper, black	¼ tsp	Add seasonings and chicken stock. Stir to combine.
Chicken stock (p. 598)	1 gal	Cover tightly with aluminum foil.
		Bake at 350°F for 45 minutes; or steam uncovered 30 minutes. Stir before serving.

Approximate nutritive values per portion **Calories** 160

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4.7 g	7%	**Cholest.** 0 mg	0%	**Total Carb.** 24.5 g	8%	**Vitamin A**	15%	**Calcium**	2%
Sat. Fat .8 g	4%	**Sodium** 320 mg	13%	Fiber .8 g	3%	**Vitamin C**	3%	**Iron**	8%
Protein 3.8 g				Sugars .7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p.44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

GINGER RICE STIR-FRY

Yield: 50 portions *Portion:* 3 oz
Griddle: 300°F

Ingredient	*Amount*	*Procedure*
Rice, converted	3 lb 4 oz	Place 1 lb 10 oz rice and 1⅔ cups water in each of two 12 × 4 × 10-inch pans.
Water	3⅓ cups	Steam uncovered for 15 minutes or until all of the liquid has been absorbed. Rice will be firm.
Soy sauce	1 cup	Mix together soy sauce and spices. Set aside.
Sugar, granulated	1 Tbsp	
Garlic powder	1 tsp	
Pepper, white	1 tsp	
Ginger, ground	1 tsp	
Eggs	1 lb 12 oz	Grease griddle lightly with cooking oil. Preheat to 300°F.
Green onions, chopped	1 lb 8 oz	Place eggs on griddle. Spread thin, scramble, and chop into small pieces.
		Add chopped onions and continue to cook 3–4 minutes until onions are tender.
		Add steamed rice and blend well.
		Drizzle soy sauce mixture over rice.
		Cook, turning frequently until mixture reaches 160°F.
		Place in 12 × 10 × 4-inch pan. Serve 3 oz with No. 12 dipper.

Approximate nutritive values per portion **Calories** 141

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**3%**	**Cholest.** 68 mg	**23%**	**Total Carb.** 26 g	**9%**	**Vitamin A**	**3%**	**Calcium**	**2%**
Sat. Fat 1 g	**3%**	**Sodium** 353 mg	**15%**	Fiber 1 g	**2%**	**Vitamin C**	**0%**	**Iron**	**8%**
Protein 4 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If griddle is small, prepare in two batches. Use ½ cup soy sauce, 14 oz eggs, and 12 oz green onions for each pan of cooked rice.

FRIED RICE

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Rice Water Salt	2 lb 8 oz 3 qt 2 tsp	Cook rice according to directions on p. 399. Do not overcook. Let cool.
Peas, frozen	1 lb 8 oz	Cook peas and drain. Set aside.
Eggs Salt Vegetable oil	6 (11 oz) 2 tsp 2 Tbsp	Break eggs into bowl and stir until yolks and whites are mixed. Add salt. Cook eggs in oil, stirring to break into small pieces. Set aside.
Onions, chopped Carrots, shredded Vegetable oil	1 lb 8 oz ¾ cup	Sauté onions and carrots in oil until tender. Add rice and cook until heated.
Soy sauce	1 cup	Add soy sauce to rice mixture, stirring to mix evenly. Stir in peas and eggs. Serve at once.

Approximate nutritive values per portion **Calories** 147

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**7%**	**Cholest.** 27 mg	**9%**	**Total Carb.** 22 g	**7%**	**Vitamin A**	**14%**	**Calcium**	**2%**
Sat. Fat 1 g	**6%**	**Sodium** 513 mg	**21%**	Fiber 1 g	**3%**	**Vitamin C**	**4%**	**Iron**	**6%**
Protein 3 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variations

- **Confetti Rice.** Delete peas, egg, carrots, and soy sauce. Cook rice until almost done. Heat oil in fry pan. Sauté for 2 minutes 12 oz sliced green peppers, 12 oz sliced mushrooms, 4 oz chopped scallions. Stir vegetables into cooked rice. Add 8 oz chopped pimientos.
- **Fried Rice with Almonds.** Cook 3 lb rice according to directions on p. 399. Sauté 4 oz chopped onions and 4 oz chopped green peppers in 1 cup vegetable oil. Add cooked rice, 1 Tbsp pepper, 1 tsp garlic salt, ½ cup soy sauce, and 2 lb slivered almonds. Add salt if needed. Bake until heated.
- **Fried Rice with Ham.** Delete peas. Reduce chopped onions to 4 oz. Increase carrots to 12 oz. Add 4 oz sliced green onions, 12 oz sliced celery, and 1 lb chopped ham.
- **Plain Fried Rice.** Heat a small amount of vegetable oil in tilting fry pan. Sauté 12 oz sliced celery and 4 oz onion until tender-crisp. Stir 10 lb cooked, cold rice into vegetable. Reduce heat and cover. Cook for 15–20 minutes. Pour 1 cup eggs over surface of hot rice, stir to mix. Cover and cook for 5 minutes. Stir in 1 cup soy sauce, 12 oz finely shredded carrots, and 6 oz thinly sliced green onion. Cover for 5 minutes. Take up in serving pans. Recipe portion, 4 oz.
- **Pork Fried Rice.** Delete peas. Add 4 lb cubed, cooked pork. Fry 1 lb bacon. Use bacon fat for sautéing vegetables and rice. Crumble bacon and add.
- **Rice and Black-Eyed Peas.** Cook 1 lb rice according to directions on p. 399. Cook 3 lb 8 oz frozen black-eyed peas according to directions on p. 631. Sauté 8 oz onion in ¼ cup vegetable oil. Add hot rice and black-eyed peas. Stir to combine. Add 1 tsp ground allspice, 1 Tbsp dried whole thyme, and 2 tsp coarse ground black pepper. Heat until very hot. Stir in 4 lb fresh tomatoes (peeled, seeded, and diced), 2 cups chopped fresh parsley, and 1 lb shredded cheddar cheese.
- **Shrimp Fried Rice.** Add 1 lb 8 oz cooked shrimp.

HOPPING JOHN

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Rice, converted	1 lb	Cook rice according to directions on p. 399. Rice should yield 3 lb cooked rice. Save cooked rice for later step.
Vegetable oil	¼ cup	Heat oil in steam-jacketed kettle. Add onions and garlic and cook until transparent.
Onions, chopped	1 lb 6 oz (EP)	
Garlic, minced	2 oz (EP)	
Black-eye peas, frozen or fresh	4 lb	Add peas, water, and seasonings to vegetables.
Water	5½ qt	Bring to a boil, reduce heat, and simmer until peas are tender, 40–50 minutes. If peas become dry, add a small amount of water. Most of the water should be evaporated when peas are done.
Salt	1 Tbsp	
Vegetable base	1½ oz	
Parsley, dried	3 Tbsp	
Thyme, dried	1 tsp	
Liquid smoke	½ tsp	
Pepper, black	½ tsp	
Red pepper sauce	¼ tsp	
Red wine vinegar	¾ cup	Stir vinegar and rice into black-eye peas.
Green onions, sliced	1 oz (EP)	Take up into 12 × 10 × 4-inch pan. Garnish with sliced green onions.

Approximate nutritive values per portion **Calories** 100

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1.8 g	**3%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**0%**	**Calcium**	**2%**
Sat. Fat 0.1 g	**1%**	**Sodium** 264 mg	**11%**	Fiber 2.2 g	**9%**	**Vitamin C**	**3%**	**Iron**	**6%**
Protein 4 g				Sugars 0.8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

RISOTTO

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Water Vegetable base (see Notes)	1 gal 2 oz	Mix vegetarian base and water in a steam-jacketed kettle. Bring to boil then reduce heat to low. Cover and keep hot. Reserve broth for later step.
Olive oil Onion, finely chopped Garlic, minced	3 oz 12 oz (EP) 1 oz	Heat oil to 350°F in fry pan. Sauté onion and garlic in oil until translucent, about 4 minutes.
Arborio rice	2 lb 4 oz	Add rice to onion. Stir and cook 3 minutes.
Water	1½ cups	Add water and cook until water evaporates. Reduce temperature and add broth slowly, 2 cups at a time (broth reserved from earlier step). Stir very often but not constantly. Do not let the pan become dry before adding more broth. Cook and stir rice until rice is *al dente* and mixture is creamy (about 20 minutes). Turn off heat.
Butter Parmesan cheese, freshly shredded	12 oz 12 oz	Add butter and Parmesan cheese. Stir until incorporated.
		Pan Risotto into 12 × 10 × 2-inch pans. Cover. Hold for service above 140°F. Prepare close to serving time.

Approximate nutritive values per portion **Calories** 190

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**14%**	**Cholest.** 21 mg	**7%**	**Total Carb.** 22 g	**7%**	**Vitamin A**	**8%**	**Calcium**	**7%**
Sat. Fat 4.8 g	**24%**	**Sodium** 190 mg	**8%**	Fiber 0.6 g	**2%**	**Vitamin C**	**1%**	**Iron**	**1%**
Protein 4 g				Sugars 0.4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- When extending recipe, add broth to rice at a rate of 1 cup per pound of rice.
- Parmesan cheese can be stirred into the rice after it has been put in a pan. Add Parmesan cheese in a ratio of 1 oz cheese to 1 lb rice mixture.
- Risotto should be soft and creamy, but not runny. The product will stiffen during holding and may require additional small amounts of hot broth.
- Chicken broth may be substituted for vegetarian broth. Adjust salt as necessary.

TOMATO CILANTRO RICE

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Vegetable oil	½ cup	Heat oil to 350°F in tilting or other large fry pan.
Rice, converted	3 lb	Add rice and vegetables to hot oil. Stir and cook until rice is slightly browned.
Garlic, minced	2 Tbsp	
Onion, chopped	1 lb (EP)	
Diced tomatoes (canned)	2 lb	Add tomatoes, base, and water to rice mixture. Bring to boil.
Vegetable base (see Notes)	5 oz	Reduce heat to low. Cover and simmer until rice is tender and liquids are absorbed, 25–30 minutes.
Water	3 qt	
Fresh cilantro leaves, minced	1 oz	Fold cilantro into rice mixture. Take up into serving pans.

Approximate nutritive values per portion **Calories** 135

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2.5 g	**4%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 25 g	**8%**	**Vitamin A**	**3%**	**Calcium**	**2%**
Sat. Fat 0.3 g	**1%**	**Sodium** 220 mg	**9%**	Fiber 0.7 g	**3%**	**Vitamin C**	**6%**	**Iron**	**3%**
Protein 2 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Chicken base can be substituted for the vegetable base. Adjust salt if necessary.

VEGETABLE PAELLA

Yield: 50 portions *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Vegetable oil	½ cup	Lightly coat bottom of fry pan with oil. Heat to 375°F.
Onion, diced ½ inch	1 lb 12 oz	Add onion and garlic. Sauté 3 minutes or until garlic is fragrant.
Garlic, fresh, minced	1 oz	
Water	3½ qt	Add water and vegetable base. Bring to a boil.
Vegetable base (see Notes)	4 oz	
Rice	3 lb	Stir in rice and spices. Cover. Reduce heat and simmer 15 minutes.
Salt	3½ tsp	
Paprika	1 Tbsp	
Turmeric	1 Tbsp	
Pepper, black, ground	4 tsp	
Red bell pepper, cut in strips	1 lb 8 oz	Add peppers and vegetables. Cover and cook 10 minutes or until liquid is absorbed and end-point temperature is 170°F.
Yellow bell pepper, cut in strips	1 lb 8 oz	Scale into 12 × 10 × 4-inch pans.
Green peas, frozen	1 lb 12 oz	
Artichoke quarters, canned, drained	4 lb	
Kidney beans, canned, drained	2 lb	
Baby corn, frozen	2 lb	

Approximate nutritive values per portion **Calories** 202

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**8%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 36 g	**12%**	**Vitamin A**	**2%**	**Calcium**	**2%**
Sat. Fat 1 g	**2%**	**Sodium** 341 mg	**14%**	Fiber 4 g	**15%**	**Vitamin C**	**111%**	**Iron**	**10%**
Protein 5 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Recipe is calculated for an entree portion. For 50 4-oz side dish portions, reduce the amount of ingredients by one-half.
- Chicken base may be substituted for the vegetable base in the recipe. Adjust salt if base is highly salted.

RICE PILAF

Yield: 50 portions or 1 pan 12 × 20 × 4 inches *Portion:* 4 oz
Oven: 350°F *Bake:* 45 minutes

Ingredient	*Amount*	*Procedure*
Onions, finely chopped	1 lb 8 oz	Sauté onion in margarine until it begins to soften. Do not brown.
Margarine, melted	8 oz	
Rice, converted	3 lb	Add uncooked rice to onions and stir over heat until completely coated with the margarine.
Salt	1 tsp	Place rice in a 12 × 20 × 4-inch counter pan.
Pepper, white	¼ tsp	Add seasonings and Chicken Stock.
Bay leaf	1	Stir to combine.
Chicken Stock (p. 598)	1 gal	Cover tightly with aluminum foil.
		Bake at 350°F for 45 minutes; or steam uncovered for 30 minutes.
		Stir before serving.

Approximate nutritive values per portion **Calories** 151

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	**7%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 24 g	**8%**	**Vitamin A**	**1%**	**Calcium**	**2%**
Sat. Fat 1 g	**4%**	**Sodium** 336 mg	**14%**	Fiber 1 g	**3%**	**Vitamin C**	**1%**	**Iron**	**6%**
Protein 4 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Suggested additions for variety: chopped green pepper, pimiento, tomato, or nuts; sliced mushrooms or water chestnuts; ground or diced ham.
- 3 oz (1½ cups) dehydrated onions, rehydrated in 2¼ cups water, may be substituted for fresh onions.

Variations

- **Curried Rice.** Add 3 Tbsp curry powder.
- **Mexican Rice.** Sauté 14 oz chopped onion, 10 oz chopped green pepper, and 3 oz chopped celery in ⅓ cup vegetable oil. Add uncooked rice and stir 2–3 minutes until grains are coated with oil. Stir in 3 Tbsp salt, 2 oz chili powder, and 1 tsp garlic powder. Place in a 12 × 20 × 4-inch counter pan. Pour a mixture of 2½ qt tomato juice and 1¾ qt Beef Stock (p. 599) over rice. Steam 25–35 minutes. Stir before serving.
- **Mushroom Rice Pilaf.** Reduce rice to 1 lb 12 oz and Chicken Stock to 2½ qt. Delete bay leaf and add 1½ tsp thyme. Add 2 lb mushroom pieces and stems and 1 lb 8 oz chopped celery.
- **Toasted Herb Rice.** Measure uncooked rice into 12 × 2 × 4-inch pan. Bake at 325°F for 20 minutes or until rice is toasted and golden. Proceed as for Rice Pilaf. Add 2 Tbsp crumbled dried basil or tarragon.

SICILIAN RICE AND VEGETABLES

Yield: 48 portions *Portion:* 8 oz
Oven: 325°F *Bake:* 10–15 minutes

Ingredient	*Amount*	*Procedure*
Brown rice	1 lb 4 oz	Cook rice according to directions on p. 399. Should yield 4 lb 8 oz cooked rice. Save for later step.
Water	1½ qt	
Salt	1 Tbsp	
Onions, sliced	1 lb	Sauté onions and garlic in oil until tender.
Garlic, minced	4 cloves	
Olive oil	½ cup	
Oregano, dried, crumbled	2 Tbsp	Add seasonings and brown sugar to onion. Mix well.
Sweet basil, dried, crumbled	3 Tbsp	
Salt	2 Tbsp (3 oz)	
Pepper, black	1 tsp	
Bay leaves	4	
Parsley, fresh, chopped	2 cups	
Sugar, brown	¼ cup (1½ oz)	
Tomato juice	3 qt (2 46-oz cans)	Combine tomatoes, paste, and juice with spices and onion. Reduce heat and simmer uncovered for 15–20 minutes.
Tomato paste	12 oz	Remove bay leaves.
Diced tomatoes, canned	1½ qt	Add cooked rice from first step.
Broccoli stalks, sliced	2 lb	Add broccoli, carrots, and mushrooms to sauce and cook for 5 minutes.
Carrots, julienne cut	1 lb	
Mushrooms, fresh, sliced	1 lb 8 oz	
Squash, yellow summer	3 lb	Quarter squash lengthwise, then slice ½ inch thick. Carefully stir squash into sauce. Cook for 5 minutes.
Squash, zucchini	3 lb	Scale into four 12 × 10 × 2-inch pans, 6 lb per pan.
Mozzarella cheese, shredded	2 lb	Sprinkle 8 oz cheese over each pan. Place in 325°F oven to melt cheese.

Approximate nutritive values per portion **Calories** 170

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 15 mg	**5%**	**Total Carb.** 22 g	**7%**	**Vitamin A**	**43%**	**Calcium**	**15%**
Sat. Fat 3 g	**15%**	**Sodium** 808 mg	**34%**	Fiber 2 g	**7%**	**Vitamin C**	**64%**	**Iron**	**11%**
Protein 7 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Mixture may be scaled into pan after the raw vegetables are added, then baked at 350°F for approximately 30 minutes. Sprinkle with cheese the last 2–3 minutes of baking.
- Other vegetables may be substituted, or ratio of vegetables changed, for those listed in the recipe. Use a total of 10 lb 8 oz vegetables for 50 servings. Suggested substitutes: eggplant, Japanese eggplant, celery, onion, frozen green beans, peas.

RICE PRIMAVERA

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Rice, converted	2 lb	Cook rice according to directions on p. 399. Save for later step. (Should yield 6 lb 8 oz cooked rice.)
Water	2½ qt	
Salt	2 Tbsp	
Yogurt, plain	1½ cups	Combine in steam-jacketed kettle.
Milk, skim	2½ cups	Heat over low heat.
Parmesan cheese	6 oz	Add rice. Toss to coat.
Salt	1 oz (1½ Tbsp)	
Pepper, white	1 tsp	
Garlic powder	¼ tsp	
Broccoli florets	12 oz	Cook vegetables until tender-crisp (p. 631). Drain.
Zucchini, sliced	1 lb 8 oz	Add to rice mixture. Toss to coat.
Mushrooms, fresh, sliced	8 oz	Heat.
Carrots, julienne	1 lb	
Parsley, fresh, minced	1¼ cups	Stir in. Put in 12 × 10 × 4-inch pans. Cover and keep hot.

Approximate nutritive values per portion **Calories** 101

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	**2%**	**Cholest.** 4 mg	**1%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**25%**	**Calcium**	**9%**
Sat. Fat 1 g	**4%**	**Sodium** 531 mg	**22%**	Fiber 0.3 g	**1%**	**Vitamin C**	**12%**	**Iron**	**5%**
Protein 4 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

BROCCOLI RICE AU GRATIN

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Rice, converted	1 lb 4 oz	Cook rice according to directions on p. 399. Reserve for later step.
Water	1½ qt	
Salt	1 Tbsp	Should yield 4 lb 4 oz cooked rice.
Margarine, melted	5 oz	Sauté onions in margarine in steam-jacketed kettle until transparent. Do not brown.
Onions, fresh, minced	3 oz	
Flour, all-purpose	8 oz	Add flour and seasonings to onions. Stir with wire whip. Cook 15–20 minutes to make a roux. Stir often.
Seasoned salt	2 tsp	
Pepper, white	½ tsp	
Milk	2 qt	Add milk to roux gradually, blending with wire whip. Cook until thickened, 10–20 minutes.
American cheese, shredded	12 oz	Add cheeses and cooked rice. Heat until cheese melts.
Cheddar cheese, shredded	12 oz	
Broccoli cuts, frozen	3 lb	Steam broccoli (p. 631) until tender-crisp. Do not drain. Add to sauce. Stir gently. Put in 12 × 10 × 4-inch pans. Keep hot.

Approximate nutritive values per portion **Calories** 163

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**13%**	**Cholest.** 19 mg	**6%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**10%**	**Calcium**	**15%**
Sat. Fat 4 g	**20%**	**Sodium** 321 mg	**13%**	Fiber 0.4 g	**1%**	**Vitamin C**	**29%**	**Iron**	**5%**
Protein 6 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variations

- **Cauliflower Rice au Gratin.** Substitute cauliflower for broccoli. Sprinkle each pan with chopped fresh parsley.
- **Green Rice.** To 2 lb rice, cooked, add 4 lb finely chopped raw or frozen spinach, 2 Tbsp chopped onion, and 1¼ qt medium White Sauce (p. 560). Place in one 12 × 20 × 2-inch counter pan. Bake at 325°F for 30–40 minutes.
- **Jalapeño Rice.** Cook 2 lb 8 oz rice (p. 399). Combine in mixer bowl the cooked rice, 4 oz chopped jalapeño peppers, 1 cup chopped chives, 7 oz chopped green chili peppers, 3 lb 6 oz sour cream, 1 tsp salt, and 3 lb shredded American cheese. Scale 5 lb 12 oz into each of three 12 × 10 × 2-inch half counter pans. Sprinkle 4 oz shredded processed cheese over each pan. Bake uncovered at 250°F for 1–1½ hours. Cut 4 × 4.

RICE AND LENTILS WITH BALSAMIC GLAZED CARROTS

Yield: 50 portions *Portion:* 4 oz
Oven: 400°F

Ingredient	*Amount*	*Procedure*
Balsamic Vinegar Marinade (p. 595)	2¾ cups	Prepare Balsamic Vinegar Marinade recipe. Reserve for later step.
Baby cut carrots	3 lb 8 oz (EP)	Steam carrots until bright in color and just beginning to soften, 1–3 minutes. Pour marinade (reserved from earlier step) over carrots. Stir to coat. Drain carrots. Reserve marinade. Place carrots in a single layer on a baking pan. Roast carrots at 400°F until tender and browned. Reserve carrots for later step.
Water Lentils, dried	3 cups 8 oz	Combine lentils and water in a steam-jacketed or other kettle. Bring to a boil. Reduce heat and simmer until lentils are soft, but not mushy, 15–20 minutes. Drain lentils. Reserve lentils for later step.
Olive oil Onions, finely chopped Garlic, minced Rosemary leaves, dried Oregano leaves, dried Salt Pepper, black	2 oz 1 lb (EP) 1 oz (EP) 2½ Tbsp 1 Tbsp 1 Tbsp 2 tsp	Heat oil to 300°F in tilting fry pan. Add onions, garlic, herbs, and spices to hot oil. Sauté until onions are just beginning to soften, about 5 minutes.
Water Vegetable base (see Notes) Rice, converted	1¾ qt 1 oz 1 lb 4 oz	Add water, base, and rice to onions. Add cooked and drained lentils, reserved from earlier step. Bring mixture to a boil. Reduce heat, cover, and simmer until rice is almost tender, about 15 minutes. Stir in carrots and marinade, reserved from earlier steps. Cook until rice is tender, liquid is absorbed, and carrots are hot. Take up into two 12 × 20 × 2-inch pans, approximately 6 lb per pan.
Parsley, coarsely chopped	¼ cup	Sprinkle 2 Tbsp over each pan.

Approximate nutritive values per portion **Calories** 160

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	15%	**Cholest.** 0 mg	0%	**Total Carb.** 16 g	5%	**Vitamin A**	30%	**Calcium**	3%
Sat. Fat 1.2 g	6%	**Sodium** 259 mg	11%	Fiber 2.7 g	11%	**Vitamin C**	3%	**Iron**	4%
Protein 2.3 g				Sugars 2.3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- To shorten the assembly time, carrots and lentils may be cooked ahead and refrigerated.
- Chicken base may be substituted for vegetable base. Adjust salt as necessary.

CURRIED RICE, BEANS, AND VEGETABLE PILAF

Yield: 50 entrees or 100 accompaniment portions *Portion:* 8 oz (entree) or 4 oz (accompaniment)

Ingredient	*Amount*	*Procedure*
Frozen greens, thawed and drained (see Notes)	2 lb 8 oz (EP)	Weigh greens after thawing and draining well in a colander (may thaw overnight). Discard liquid drained from greens. Coarsely chop greens using a sharp knife. Reserve for later step.
Orange marmalade Vegetable base Water Red pepper flakes	1 lb 3 oz 1 gal ½ tsp	Blend marmalade, base, water, and pepper. Reserve for a later step.
Olive oil	3 oz	Heat oil to 350°F in tilting or other large fry pan.
Red bell peppers, cut in 1-inch long strips Yellow bell peppers, cut in 1-inch long strips Garlic, minced	1 lb (EP) 1 lb (EP) 8 oz (EP)	Sauté peppers and garlic in hot oil for 3 minutes.
Rice, converted Curry powder	3 lb 1½ oz	Add rice and curry powder to fry pan with peppers. Stir and cook for 1 minute.
Sweet potatoes, peeled, ½-inch dice Kidney beans, drained (canned) Raisins	2 lb 4 oz (EP) 5 lb 4 oz (EP) 1 lb	Add sweet potatoes, beans, and raisins to peppers and rice.
		Stir in chopped greens and marmalade mixtures reserved from earlier steps. Bring to boil. Reduce heat to low. Cover and simmer until rice and vegetables are tender and liquids are absorbed, about 25 minutes. Turn off heat and let stand covered for 10 minutes.

Approximate nutritive values per portion (Entree Portion) **Calories** 250

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 0 mg	0%	**Total Carb.** 52 g	17%	**Vitamin A**	63%	**Calcium**	8%
Sat. Fat 0.3 g	2%	**Sodium** 268 mg	11%	Fiber 6 g	24%	**Vitamin C**	76%	**Iron**	10%
Protein 6 g				Sugars 10 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Frozen collard or spinach greens can be used.
- A frozen pepper blend can be substituted for the red and yellow peppers.

CEREAL AND GRAIN RECIPES

COOKED BREAKFAST CEREALS

Yield: 50 portions *Portion:* 6 oz

Ingredient	*Amount*	*Procedure*
Water Salt	2–2¼ gal 2 oz (3 Tbsp)	Measure water into steam-jacketed kettle or heavy stock pot. Add salt and bring to a rolling boil.
Cereal, granular or flaked (Cream of Wheat, Oatmeal)	2 lb	Stir dry cereal gradually into boiling water, using wire whip. Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency and raw starch taste has disappeared. Cereal should be thick and creamy but not sticky.

Approximate nutritive values per portion **Calories** 73

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	**2%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 13 g	**4%**	**Vitamin A**	**0%**	**Calcium**	**2%**
Sat. Fat 0 g	**0%**	**Sodium** 406 mg	**17%**	Fiber 1 g	**4%**	**Vitamin C**	**0%**	**Iron**	**5%**
Protein 3 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Granular cereals may be mixed with cold water to separate particles and prevent formation of lumps.
- Do not stir excessively; overstirring or overcooking produces a sticky, gummy product.
- 1 lb raisins may be added to cereal the last 2 minutes of cooking.

Variation

- **Rice and Raisins.** Cook 8 oz rice (2 lb cooked) according to directions on p. 399. Heat 1 gal milk. Add cooked rice, 8 oz softened raisins, 12 oz granulated sugar, and 2 Tbsp cinnamon.

DRIED FRUIT AND NUT GRANOLA

Yield: 50 servings *Portions:* 1 cup
Oven: 350°F

Ingredient	*Amount*	*Procedure*
Rolled oats	4 lb 8 oz	Spread oats on baking pan. Toast in 350°F oven for 10–15 minutes. Shake pan once during baking to ensure even browning. Transfer to mixing bowl.
Shredded coconut Sliced almonds Pecan pieces	1 lb 1 lb 1 lb	Spread coconut, almonds, and pecans on baking pan. Toast in oven until lightly browned, 6–8 minutes. Shake pan once during cooking to ensure even browning. Add nut mixture to toasted oats.
Unprocessed bran Raisins Dried apricots, coarsely chopped Sugar, brown Cinnamon	6 cups 2 lb 1 lb 8 oz 1 Tbsp	Add to oat-nut mixture. Mix lightly until all ingredients are evenly distributed. Cool. Store in airtight container.

Approximate nutritive values per portion **Calories** 400

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**24%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 64 g	**21%**	**Vitamin A**	**7%**	**Calcium**	**7%**
Sat. Fat 3.8 g	**19%**	**Sodium** 8.2 mg	**0%**	Fiber 7 g	**29%**	**Vitamin C**	**2%**	**Iron**	**22%**
Protein 9 g				Sugars 21 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Serve as a cereal, on ice cream, or on yogurt.
- Substitute any dried fruit for raisins and apricots. Sunflower seeds may be substituted for part of the nuts.

BAKED CHEESE GRITS

Yield: 48 portions or 3 pans 12 × 10 × 2 inches *Portion:* 6 oz
Oven: 350°F *Bake:* 30–40 minutes

Ingredient	*Amount*	*Procedure*
Water	1¾ gal	Bring water to a brisk boil in steam-jacketed kettle.
Grits, quick Salt	2 lb 4 oz 2 tsp	Stir in grits quickly with wire whip. Reduce heat to medium. Cook 5–7 minutes or until thickened.
Eggs	9 (1 lb)	Stir a small amount of cooked grits into eggs. Add to remainder of grits in kettle, stirring constantly.
Cheddar cheese, shredded Margarine Garlic powder Worcestershire sauce	2 lb 4 oz 1 lb 1 tsp ¼ cup	Add to grits. Cook over low heat until cheese is melted. Scale into three greased 12 × 10 × 2-inch pans, 6 lb per pan.
Paprika	1 tsp	Sprinkle lightly over grits. Bake at 350°F for 30–40 minutes or until top is set and slightly puffed. Let stand 5 minutes before serving. To serve, cut 4 × 4.

Approximate nutritive values per portion **Calories** 248

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**24%**	**Cholest.** 63 mg	**21%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**11%**	**Calcium**	**16%**
Sat. Fat 6 g	**32%**	**Sodium** 338 mg	**14%**	Fiber 3 g	**10%**	**Vitamin C**	**3%**	**Iron**	**6%**
Protein 8 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

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BARLEY CASSEROLE

Yield: 50 portions or 1 pan 12 × 20 × 2 inches *Portion:* 4 oz
Oven: 350°F *Bake:* 1½ hours

Ingredient	*Amount*	*Procedure*
Margarine	6 oz	Sauté barley and vegetables in margarine.
Pearl barley	2 lb 6 oz	
Onions, chopped	1 lb 4 oz	
Mushroom pieces and stems, canned	1 lb 11 oz	
Chicken Stock (p. 598)	3½ qt	Add chicken stock to barley mixture. Pour into a 12 × 20 × 2-inch counter pan. Bake at 350°F for 1½ hours. Serve with No. 10 dipper.

Approximate nutritive values per portion **Calories** 119

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	**5%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 19 g	**6%**	**Vitamin A**	**1%**	**Calcium**	**1%**
Sat. Fat 1 g	**4%**	**Sodium** 317 mg	**13%**	Fiber 4 g	**16%**	**Vitamin C**	**1%**	**Iron**	**4%**
Protein 4 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 2½ oz (1¼ cups) dehydrated onions, rehydrated in 2 cups water, may be substituted for fresh onions.

Variations

- **Chicken Barley Casserole.** Increase chicken stock to 1 gal. Stir in 6 lb cooked cubed chicken. Turkey may be substituted for chicken.
- **Mediterranean Barley Pilaf.** Add 1 lb 8 oz golden raisins, 1 lb chopped pecans, and 1 tsp dried thyme.

BARLEY AND VEGETABLE MEDLEY

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Olive oil	3 oz	Heat oil to 350°F in tilting fry pan or steam-jacketed kettle.
Onions, sliced into thin half-rings	1 lb 8 oz (EP)	Sauté onions, garlic, and barley in hot oil until onions and barley are golden brown, about 5 minutes.
Garlic, minced	1 Tbsp	
Barley	1 lb	
Water	1¼ qt	Mix base with part of the water. Add water and base to vegetable-barley mixture.
Vegetable base (see Notes)	1 oz	Heat to boiling. Reduce heat and simmer until barley is almost tender, about 30 minutes. Stir occasionally.
Carrots, peeled, sliced	1 lb 6 oz (EP)	Add carrots, cauliflower, broccoli, herbs, and spices to barley mixture.
Cauliflower, small florets	10 oz (EP)	Cover and simmer for 12–15 minutes.
Broccoli, small florets	8 oz (EP)	
Basil leaves, dried	1 Tbsp	
Thyme leaves, dried	1 Tbsp	
Salt	2 tsp	
Pepper, black	½ tsp	
Tomatoes, diced (fresh)	2 lb (EP)	Add tomatoes, squash, green peppers, and peas to barley mixture. Cook 5–10 minutes until vegetables are tender.
Zucchini squash, sliced	1 lb (EP)	
Green peppers, diced	10 oz (EP)	
Peas, frozen	1 lb 8 oz	

Approximate nutritive values per portion **Calories** 80

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**3%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 13 g	**4%**	**Vitamin A**	**38%**	**Calcium**	**2%**
Sat. Fat 0.3 g	**1%**	**Sodium** 198 mg	**8%**	Fiber 3.4 g	**14%**	**Vitamin C**	**26%**	**Iron**	**4%**
Protein 2.6 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Chicken base can be substituted for the vegetable base. Adjust salt if necessary.

BARLEY TOMATO RISOTTO

Yield: 40 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Butter	3 oz	Heat butter in tilting or other large fry pan.
Onions, chopped	6 oz (EP)	Sauté onions and garlic until barely tender.
Garlic, minced	1 oz (EP)	
Barley	1 lb 4 oz	Add barley. Cook 2–3 minutes until barley is coated with butter and slightly toasted.
Water	10 oz	Add water. Slowly cook uncovered until water is absorbed, 15–30 minutes.
Water	1 gal	Mix base with water to make a stock. Heat stock and keep hot.
Chicken base	4 oz	Add stock (1 qt at a time) to barley mixture while cooking over medium heat. Add additional stock only after liquid from previous addition is absorbed.
		Stir very often but not necessarily continuously throughout the liquid-adding step.
Whipping cream	8 oz	Stir in cream, tomatoes, and cheese. Stir until cheese melts.
Tomatoes, fresh, diced ¼ inch	2 lb (EP)	
Parmesan cheese, freshly shredded	6 oz	
Green onions, sliced thin	4 oz (EP)	Stir green onions and parsley into barley mixture.
Flat leaf parsley, chopped	1 oz	

Approximate nutritive values per portion **Calories** 95

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4.5 g	**7%**	**Cholest.** 13 mg	**4%**	**Total Carb.** 11 g	**4%**	**Vitamin A**	**6%**	**Calcium**	**4%**
Sat. Fat 2.5 g	**13%**	**Sodium** 266 mg	**15%**	Fiber 2 g	**8%**	**Vitamin C**	**8%**	**Iron**	**3%**
Protein 3 g				Sugars 0.8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Vegetable base can be substituted for chicken base. Adjust salt as necessary.

Variation

- **Southwest Barley Risotto.** Substitute vegetable base for chicken base. Add 1 oz fresh squeezed lime juice to vegetable base. Stir in 1½ oz chopped canned jalapeño peppers. Substitute ½ oz fresh chopped cilantro for the parsley.

VEGETABLE COUSCOUS

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Margarine, melted	8 oz	Sauté vegetables in margarine in steam-jacketed kettle or stock pot until tender-crisp.
Zucchini, julienne	1 lb 12 oz	
Green onions, sliced	4 oz	
Carrots, julienne	12 oz	
Chicken base	3 oz	Mix chicken base with water. Add to vegetables. Bring to a rolling boil.
Water	3 qt	
Couscous, quick cooking	3 lb	Add couscous to vegetables and stir. Cover. Turn off heat. Let stand 5 minutes. Stir to fluff. Place in 12 × 10 × 4-inch pans. Cover tightly and keep hot.

Approximate nutritive values per portion **Calories** 145

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	**6%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 23 g	**8%**	**Vitamin A**	**18%**	**Calcium**	**1%**
Sat. Fat 1 g	**4%**	**Sodium** 368 mg	**15%**	Fiber 4 g	**17%**	**Vitamin C**	**1%**	**Iron**	**2%**
Protein 4 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Vegetable base may be substituted for chicken base. Add salt if vegetable base is unsalted.
- Salt may need to be added if the chicken base is low in salt.

RED PEPPER COUSCOUS

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Olive oil	½ cup	Sauté vegetables in oil in a steam-jacketed kettle or stockpot until tender-crisp.
Green onion, sliced	1 lb	
Red bell pepper, julienne	6 oz	
Garlic, minced	2 Tbsp	
Paprika	2 Tbsp	Add paprika and cook for 1 minute.
Water	3 qt	Add water, juice, tomato paste, pimiento, and spices to sautéed vegetable mixture. Bring to a rolling boil.
Lemon juice	¼ cup	
Tomato paste	8 oz	
Pimiento, chopped	8 oz	
Red pepper, crushed	½ tsp	
Salt	1 Tbsp	
Couscous, quick cooking	3 lb	Add couscous to mixture and stir. Cover, turn off heat. Let stand 5 minutes. Stir to fluff.

Approximate nutritive values per portion **Calories** 141

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	4%	**Cholest.** 0 mg	0%	**Total Carb.** 26 g	9%	**Vitamin A**	23%	**Calcium**	2%
Sat. Fat 1 g	2%	**Sodium** 141 mg	6%	Fiber 5 g	20%	**Vitamin C**	129%	**Iron**	61%
Protein 4 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

QUINOA PILAF

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Olive oil	1 cup	Sauté vegetables in olive oil until tender-crisp.
Green onion, sliced	1 lb 8 oz	
Celery	1 lb	
Mushrooms, fresh, sliced	1 lb 8 oz	
Garlic	1 Tbsp	
Chicken base	3 oz	Mix chicken base with water. Add to vegetables. Bring to a rolling boil.
Water	3½ qt	
Quinoa, rinsed and drained	3 lb 8 oz	Add quinoa to vegetables and stir. Cover and reduce heat to low. Simmer until all liquid is absorbed and the grains are translucent, 10–15 minutes.

Approximate nutritive values per portion **Calories** 166

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	10%	**Cholest.** 0 mg	0%	**Total Carb.** 24 g	8%	**Vitamin A**	6%	**Calcium**	3%
Sat. Fat 1 g	4%	**Sodium** 18 mg	1%	Fiber 2 g	9%	**Vitamin C**	6%	**Iron**	18%
Protein 5 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- A vegetable base may be substituted for the chicken base. If vegetable base is lightly salted or unsalted, add salt.

PARMESAN POLENTA

Yield: 48 portions *Portion:* 2 triangles

Ingredient	*Amount*	*Procedure*
Butter Onions, finely chopped Garlic, minced	1 lb 2 lb 10 oz (EP) 2 oz (EP)	Sauté onions and garlic in butter, using stock pot or steam-jacketed kettle.
Water Vegetable base (see Notes)	3½ gal 12 oz	Add water and base to onion mixture. Bring to a boil and turn off heat.
Cornmeal	5 lb 8 oz	Stir into water very quickly, blending with a wire whisk. Turn heat on medium low and simmer 10 minutes stirring often to prevent sticking and burning. Turn off heat.
Parmesan cheese, shredded Milk Chives, freeze dried Salt Pepper, black	1 lb 2 cups ¼ oz 1 oz 1 Tbsp	Stir cheese, milk, chives, and seasonings into cornmeal mixture. Scale 7 lb 3 oz into four 12 × 20 × 2-inch pans that have been oiled or sprayed with a food release spray. Chill at or below 40°F until polenta sets up, at least 6 hours.
		Cut pan 4 × 3. Cut each square in half diagonally to make two triangles.
Vegetable oil	1 cup	Lightly coat grill with oil. Heat to 325°–350°F. Cook polenta until lightly browned on both sides, approximately 180°F. Turn only once during cooking.

Approximate nutritive values per portion **Calories** 365

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	25%	**Cholest.** 31 mg	10%	**Total Carb.** 46 g	15%	**Vitamin A**	21%	**Calcium**	12%
Sat. Fat 7 g	37%	**Sodium** 785 mg	33%	Fiber 4 g	18%	**Vitamin C**	5%	**Iron**	13%
Protein 8.3 g				Sugars 2.5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Chicken base may be substituted for vegetable base. Adjust salt as necessary.

BEAN AND TOFU RECIPES

BEAN RAGOUT OVER GRILLED PARMESAN POLENTA

Yield: 50 portions *Portion:* 4 oz ragout + 2 polenta triangles

Ingredient	*Amount*	*Procedure*
Vegetable oil	⅓ cup	Sauté onions and garlic in oil, using stock pot or steam-jacketed kettle.
Onions, chopped	1 lb 12 oz (EP)	
Garlic, minced	2 oz (EP)	
Green chilies (canned) diced	6 oz	Add chilies and peppers to sautéed vegetables. Cook 1–2 minutes.
Red bell peppers, ¼-inch dice	1 lb 4 oz (EP)	
Chili powder	2 oz	Add spices and continue to cook 1–2 minutes.
Cumin, ground	2 Tbsp	
Oregano leaves, dried	2 tsp	
Pepper, black	1 tsp	
Diced tomatoes (canned)	4 lb 12 oz	Add vegetables and beans to sautéed mixture. Bring to a boil.
Zucchini, coarsely chopped	1 lb 12 oz (EP)	Reduce heat and simmer until zucchini is tender-crisp.
Pinto beans, drained and rinsed (canned)	2 lb 12 oz (EP)	
Black beans, drained and rinsed (canned)	2 lb 12 oz (EP)	
Parmesan Polenta (p. 421)		Serve 4 oz ragout over two polenta triangles. Garnish with fresh shredded Parmesan cheese if desired.

Approximate nutritive values per portion of Bean Ragout **Calories** 80

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**3%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 12 g	**4%**	**Vitamin A**	**12%**	**Calcium**	**3%**
Sat. Fat 0.2 g	**1%**	**Sodium** 348 mg	**15%**	Fiber 4 g	**17%**	**Vitamin C**	**55%**	**Iron**	**7%**
Protein 3.6 g				Sugars 0.8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

Variation

- **Bean Ragout on Pasta.** Cook 5–6 lb pasta according to directions on p. 369. Prepare 1½ recipes of Bean Ragout. Serve 6 oz Bean Ragout over 4 oz pasta.

BLACK BEANS AND COUSCOUS

Yield: 50 entrees or 100 accompaniment portions *Portion:* 8 oz (entree) or 4 oz (accompaniment)

Ingredient	*Amount*	*Procedure*
Margarine	1 lb	Sauté onion and bell pepper just until soft, using a stock pot or steam-jacketed kettle.
Green onions, cut into 1-inch lengths	12 oz (EP)	
Red bell peppers, ¼-inch dice	3 lb 8 oz (EP)	
Black beans, drained and rinsed (canned)	5 lb 8 oz (EP)	Stir beans, water, vegetable base, and lime juice into sautéd vegetables.
Water	4¾ qt	Bring to a rolling boil.
Vegetable base (see Notes)	5 oz	
Lime juice, fresh	1½ cup	
Instant couscous	5 lb	Add couscous to liquid and stir. Turn off heat. Cover and let stand 5 minutes. Stir to fluff.
Parsley, chopped	1 oz	Sprinkle parsley over each pan or stir into couscous.

Approximate nutritive values per portion (Entree Portion) **Calories** 295

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**12%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 45 g	**15%**	**Vitamin A**	**29%**	**Calcium**	**4%**
Sat. Fat 1.5 g	**7%**	**Sodium** 393 mg	**16%**	Fiber 5.8 g	**23%**	**Vitamin C**	**108%**	**Iron**	**10%**
Protein 9 g				Sugars 0.8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Chicken base can be substituted for vegetable base. Depending on the base used, salt may need to be added.

CUBAN BLACK BEANS AND RICE

Yield: 50 entrees or 100 accompaniment portions *Portion:* 8 oz (entree) or 4 oz (accompaniment)

Ingredient	*Amount*	*Procedure*
Black beans (canned)	6 lb 4 oz	Drain beans and reserve juice. Save both beans and juice for later step.
Vegetable oil	6 oz	Heat oil to 350°F in tilting or other large fry pan.
Onions, chopped Garlic, minced Rice, converted	1 lb 8 oz (EP) 1 oz (EP) 4 lb	Add vegetables and rice to hot oil. Stir and cook until rice is browned.
Black bean juice plus water	4¾ qt	Weigh bean juice reserved from earlier step. Add enough water to equal the required volume. Pour juice-water mixture over the rice.
Chipotle base (see Notes) Vegetable base (see Notes) Oregano leaves, dried Cumin, ground Cilantro, dried	4 oz 4 oz 1 tsp 1 Tbsp 1 Tbsp	Stir bases and spices into rice mixture. Reduce heat and simmer covered for 15 minutes.
Green bell peppers, cut in 1-inch-long thin strips Red bell peppers, cut in 1-inch-long thin strips Yellow bell peppers, cut in1-inch-long thin strips	1 lb (EP) 12 oz (EP) 12 oz (EP)	Stir peppers and beans reserved from earlier step to the rice mixture. Cover and simmer 10–15 minutes or until liquid is absorbed and rice is tender.
		Take up in 12 × 10 × 2-inch pans. Cover.

Approximate nutritive values per portion (Entree Portion) **Calories** 235

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4.5 g	**7%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 41 g	**14%**	**Vitamin A**	**7%**	**Calcium**	**5%**
Sat. Fat 0 4 g	**2%**	**Sodium** 603 mg	**25%**	Fiber 4 g	**17%**	**Vitamin C**	**58%**	**Iron**	**11%**
Protein 6.3 g				Sugars 1.4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- A frozen pepper blend can be substituted for the bell peppers.
- Chipotle base is available commercially. Chipotles are dried jalapeño peppers that have been slow roasted to give them a smokey flavor. To use dried chipotles, cover with boiling water and let set for 30 minutes. Remove from the water and drain. Using a sharp knife, split chipotles open and remove seeds before chopping. If using canned chipotles, drain and chip.
- Chicken base can be substituted for the vegetable base. Adjust salt as required.

BLACK BEANS AND HAM ON RICE

Yield: 50 portions *Portion:* 6 oz ham and beans + 4 oz rice

Ingredient	*Amount*	*Procedure*
Black turtle beans	3 lb	Rinse beans with cold running water.
Water	1¼ gal	Discard any stones and other foreign material or shriveled beans. Add water and bring to a boil. Boil for 2 minutes. Cover. Turn off heat and allow to stand for 1 hour.
Cumin, ground	1 Tbsp	Add seasonings to beans. Simmer until almost tender, about 45 minutes. If beans become too thick, add some tomato juice drained from the diced tomatoes used in a later step.
Hot pepper sauce	1½ tsp	
Pepper, black	1 tsp	
Thyme, crumbled, dried	1 Tbsp	
Oregano, crumbled, dried	1 Tbsp	
Onions, chopped	12 oz	Add to beans. Simmer until beans are tender, about 30 minutes. Add tomato juice from later step or a small amount of water if necessary to keep beans from becoming too thick.
Garlic cloves, minced	3	
Salt	1½ oz	
Ham, diced	2 lb 8 oz	
Tomatoes, diced, canned	3 lb 8 oz	Add tomatoes with juice and peppers.
Green peppers, ¾-inch chunks	12 oz	Simmer for 15 minutes.
Rice, converted	3 lb 8 oz	Cook rice according to directions on p.399.
Water, boiling	4½ qt	
Salt	2 Tbsp	
Vegetable oil	2 Tbsp	
Parsley, fresh, chopped	4 oz	Serve 6 oz ham and beans over 4 oz cooked rice. Garnish plate by sprinkling with 1 Tbsp chopped parsley.

Approximate nutritive values per portion **Calories** 212

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	5%	**Cholest.** 13 mg	4%	**Total Carb.** 35 g	12%	**Vitamin A**	3%	**Calcium**	5%
Sat. Fat 1 g	5%	**Sodium** 987 mg	41%	Fiber 2 g	9%	**Vitamin C**	32%	**Iron**	14%
Protein 10 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Anaheim chilies may be substituted for green peppers.
- 6 lb 8 oz canned black beans (rinsed) may be substituted for dried beans and water. Add beans toward the end of the cooking period. Serving temperature 180°–190°F.

Variations

- **Black Beans and Andouille Sausage.** Reduce hot sauce to ½ tsp. Omit ham. Add 3 lb cooked andouille sausage cut diagonally into ¾-inch pieces.
- **Black Beans over Rice.** Delete ham. Increase salt to 2 oz. Chicken broth may be substituted for the water to enhance flavor.
- **Black Bean Soup.** Follow recipe for Black Beans and Ham on Rice but make the following changes: Increase beans to 4 lb, water to 2¼ gal, onions to 1 lb, and salt to 2 oz. Decrease ham to 2 lb, tomatoes to 2 lb, and green pepper to 6 oz. Delete rice.

BLACK BEAN AND TORTILLA CASSEROLE

Yield: 48 portions *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Onion, chopped	2 lb 10 oz	Combine onion, pepper, tomato, picante sauce, and spices in steam-jacketed kettle.
Green pepper, chopped	2 lb 4 oz	
Tomatoes, diced, canned	2¼ qt	Bring to boil. Reduce heat and simmer uncovered for 15–20 minutes.
Picante sauce	1 qt	
Garlic, fresh, minced	6 cloves	
Cumin, ground	3 Tbsp	
Black beans, canned, drained, rinsed	10 lb	Stir beans into tomato mixture. Turn off heat. Spread 2 lb 6 oz of bean mixture in 12 × 10 × 2-inch pan.
Tortillas, corn	64 each	Top bean mixture with 8 corn tortillas, overlapping as necessary.
Monterey Jack cheese, shredded	3 lb	Sprinkle 6 oz cheese over tortillas. Spread 2 lb 6 oz bean mixture over cheese. Top with 8 corn tortillas, overlapping as necessary. Sprinkle 6 oz cheese over tortillas. Cover and bake at 350°F for 30–35 minutes or to 165°F. Cut 4 × 3.
Tomatoes, fresh, finely diced	1 lb	Sprinkle 4 oz tomatoes and 1 Tbsp sliced onions over each pan. Keep hot (above 140°F).
Green onions, thinly sliced	2 oz	
Picante sauce	6 lb	Serve immediately with picante sauce as a condiment.

Approximate nutritive values per portion **Calories** 379

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**19%**	**Cholest.** 25 mg	**8%**	**Total Carb.** 54 g	**18%**	**Vitamin A**	**27%**	**Calcium**	**34%**
Sat. Fat 6 g	**28%**	**Sodium** 1261 mg	**53%**	Fiber 6 g	**23%**	**Vitamin C**	**102%**	**Iron**	**21%**
Protein 20 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

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GRAINS AND BEANS

Yield: 50 entrees or 100 accompaniment portions *Portion:* 8 oz (entree) or 4 oz (accompaniment)

Ingredient	*Amount*	*Procedure*
Cracked bulgur	1 lb 6 oz	Combine bulgur, cracked wheat, and water in a stock pot or steam-jacketed kettle.
Barley	2 lb	
Water	7 qt	Bring to a boil. Reduce heat. Cover and simmer 40–50 minutes or until grains are tender.
		Drain excess liquid from grains. Save grains for a later step.
Vegetable oil	8 oz	Heat oil to 350°F in a fry pan. Add corn and stir-fry corn for 5 minutes.
Baby corn, frozen (small ears, oriental style)	2 lb 12 oz	
Green onions, sliced into thin rings	8 oz (EP)	Add onions and peppers to pan. Stir-fry 1–2 minutes until softened slightly.
Red bell peppers, ¼-inch dice	1 lb 12 oz (EP)	
Garbanzo beans, drained and rinsed (canned)	3 lb 12 oz (EP)	Add beans, pimiento, and seasonings to vegetables. Add cooked grains from previous step. Bring temperature to 180°F, stirring often to prevent sticking.
Black beans, drained and rinsed (canned)	5 lb (EP)	
Pimiento, chopped	8 oz	
Hot pepper sauce	3 Tbsp	
Cumin, ground	3 Tbsp	
Cilantro, dried	3 Tbsp	
Salt	2 oz	

Approximate nutritive values per portion (Entree Portion) **Calories** 250

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**9%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 39 g	**13%**	**Vitamin A**	**12%**	**Calcium**	**5%**
Sat. Fat 0.6 g	**3%**	**Sodium** 783 mg	**33%**	Fiber 11 g	**45%**	**Vitamin C**	**64%**	**Iron**	**15%**
Protein 9 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Grains and Beans may thicken during holding. Add vegetable stock as needed.

RED BEANS AND RICE

Yield: 50 portions *Portion:* 6 oz red beans + 4 oz rice

Ingredient	*Amount*	*Procedure*
Vegetable oil	4 oz	Sauté vegetables in steam-jacketed or large kettle until softened.
Celery, chopped	2 lb (EP)	
Onions, chopped	2 lb (EP)	
Green bell peppers, chopped	1 lb 6 oz (EP)	
Garlic, finely chopped	1 oz (EP)	
Red beans (canned, undrained)	14 lb	Add beans, water, and spices to vegetables. Bring to a boil. Reduce heat.
Water	1 qt	Cover and simmer for approximately 1 hour, until bean mixture is thickened slightly. Stir often.
Liquid smoke	2 tsp	
Red pepper sauce	2 Tbsp	
Salt	1 tsp	
Pepper, black	1 tsp	
Ground red pepper	2 tsp	
Thyme leaves, dried	1 tsp	
Oregano leaves, dried	2 tsp	
Bay leaves, dried	5 leaves	
Rice, converted	3 lb 8 oz	Cook rice according to directions on p. 399.
Water, boiling	4½ qt	Serve 6 oz red beans over 4 oz cooked rice.
Salt	2 Tbsp	
Vegetable oil	2 Tbsp	

Approximate nutritive values per portion **Calories** 265

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3.5 g	**5%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 49 g	**16%**	**Vitamin A**	**2%**	**Calcium**	**6%**
Sat. Fat 0.5 g	**2%**	**Sodium** 784 mg	**33%**	Fiber 10 g	**38%**	**Vitamin C**	**25%**	**Iron**	**18%**
Protein 10 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

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SWEET AND SOUR TOFU

Yield: 50 portions *Portion:* 6 oz tofu + 4 oz rice
Oven: 350°F

Ingredient	*Amount*	*Procedure*
Tofu	5 lb	Drain tofu and dice into ½-inch cubes.
Water	1 cup	Mix water, garlic powder, and soy sauce.
Garlic powder	2 tsp	Dip cubed tofu in liquid then roll in bread crumbs.
Soy sauce	¼ cup	Place breaded tofu on silicone paper-lined or lightly greased baking sheet.
Dry bread crumbs	1 lb	Bake tofu until brown and crisp. Hold for later step at above 140°F.
Drained pineapple chunks (reserve juice)	2 lb 4 oz	Reserve drained pineapple tidbits for later step. Mix cornstarch with pineapple juice and water.
Pineapple juice (reserved juice from draining pineapple plus water to make up the difference)	2 qt	In steam-jacketed or other large kettle, mix pineapple juice–cornstarch mixture with tomato puree, vinegar, soy sauce, brown sugar, and granulated sugar (use wire whip). Bring to a boil. Boil until mixture thickens.
Cornstarch	2 oz	
Tomato puree	1 qt	
Cider vinegar	1½ cups	
Soy sauce	1½ cups	
Sugar, brown	4 oz	
Sugar, granulated	10 oz	
Onions, ½-inch dice	1 lb (EP)	Stir in pineapple reserved from earlier step, onions, mushrooms, and peppers into thickened mixture. Return to boil.
Mushrooms, quartered (fresh)	8 oz (EP)	
Green peppers, ½-inch dice	1 lb (EP)	Just prior to serving, gently stir in baked tofu reserved from earlier step.
Converted rice	3 lb 8 oz	Cook rice according to directions on p. 399.
Water, boiling	4½ qt	Serve 6 oz sweet and sour tofu on 4 oz rice.
Salt	2 Tbsp	
Vegetable oil	2 Tbsp	

Approximate nutritive values per portion **Calories** 395

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3.6 g	**6%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 80 g	**26%**	**Vitamin A**	**3%**	**Calcium**	**15%**
Sat. Fat 0.6 g	**3%**	**Sodium** 976 mg	**41%**	Fiber 2.5 g	**10%**	**Vitamin C**	**21%**	**Iron**	**16%**
Protein 10 g				Sugars 14 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

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TOFU AND BROCCOLI SZECHWAN

Yield: 50 portions *Portion:* 6 oz tofu and broccoli + 4 oz rice
Oven: 300°F

Ingredient	*Amount*	*Procedure*
Tofu	5 lb	Drain tofu and dice into ½-inch cubes.
Vegetable oil	½ cup	Place tofu on silicone paper-lined or lightly greased baking sheet. Drizzle with vegetable oil. Bake at 300°F for 30 minutes. Hold for later step at above 140°F.
Vegetable oil	¼ cup	Heat oil in steam-jacketed kettle.
Onions, diced	1 lb 12 oz (EP)	Sauté onions until barely tender. Add broccoli and bell pepper. Stir-fry until tender-crisp.
Broccoli florets	2 lb 12 oz (EP)	
Red bell pepper, ½-inch dice	1 lb (EP)	Remove vegetables from kettle. Save for later step.
Soy sauce	2 cup	Add soy sauce and cornstarch to tilting fry pan. Mix until smooth.
Cornstarch	2½ oz	
Water	1¾ qt	Stir in water, sherry, sugar, ginger, and red pepper.
Cooking sherry	1 cup	Boil until mixture thickens, about 5 minutes.
Sugar, granulated	1¾ oz	Stir in reserved vegetables and tofu. Take up in 12 × 20 × 4-inch counter pans.
Ginger, finely minced	2 oz	
Pepper, cayenne	2 tsp	Garnish with drained mandarin oranges.
Drained mandarin oranges	2 lb	Hold for service at 165°F.
Rice, converted	3 lb 8 oz	Cook rice according to directions on p. 399.
Water, boiling	4½ qt	Serve 6 oz tofu and broccoli over 4 oz rice.
Salt	2 Tbsp	
Vegetable oil	2 Tbsp	

Approximate nutritive values per portion **Calories** 335

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**9%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 36 g	**12%**	**Vitamin A**	**10%**	**Calcium**	**11%**
Sat. Fat 0.8 g	**4%**	**Sodium** 981 mg	**41%**	Fiber 2 g	**8%**	**Vitamin C**	**56%**	**Iron**	**10%**
Protein 7 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- 1 lb cashews may be sautéed with the onions and broccoli.

VEGETABLE AND TOFU JAMBALAYA

Yield: 50 portions *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Olive oil	2 cups	Heat oil to 350°F in the bottom of a tilting or other large fry pan.
Onions, chopped Garlic, minced Celery, chopped Green peppers, chopped	6 lb (EP) 2 oz (EP) 1 lb 4 oz (EP) 12 oz (EP)	Sauté vegetables in hot oil for 10 minutes. Stir often enough to keep vegetables from sticking.
Cajun seasoning Salt Rice, converted	2 oz 2 tsp 3 lb 14 oz	Add seasonings and rice to vegetable mixture. Stir and cook for 10 minutes. Add more oil if rice begins to stick.
Water Vegetable base Red pepper sauce	3 qt 2½ oz 1½ tsp	Dissolve base in some of the water. Add water-base mixture, remaining water, and red pepper sauce to the rice. Stir to mix. Reduce heat to low. Cover and simmer until rice is tender and liquids are absorbed, 25–30 minutes.
Tofu (firm), ½-inch cubes	2 lb	Gently fold tofu into rice mixture.
Sugar snap peas (fresh or frozen) Carrots, cut into ¼-inch slices Red bell peppers, ½-inch dice Yellow bell peppers, ½-inch dice Green bell peppers, ½-inch dice Green onions, cut in 1-inch lengths	1 lb 10 oz (EP) 1 lb 10 oz (EP) 4 oz (EP) 4 oz (EP) 4 oz (EP) 8 oz (EP)	Steam peas, carrots, and peppers separately until tender-crisp. Drain vegetables. Fold steamed vegetables and green onions into rice mixture. Scale into 12 × 10 × 2-inch pans, 6 lb per pan.
Red onions, coarsely chopped Parsley, minced	4 oz (EP) 6 oz (EP)	Sprinkle 1 oz onions and 1½ oz parsley on top of each pan of jambalaya.

Approximate nutritive values per portion **Calories** 250

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9.8 g	**15%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 36 g	**12%**	**Vitamin A**	**2%**	**Calcium**	**7%**
Sat. Fat 1.4 g	**7%**	**Sodium** 280 mg	**12%**	Fiber 2 g	**8%**	**Vitamin C**	**18%**	**Iron**	**6%**
Protein 4.7 g				Sugars 2.2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- A frozen pepper blend can be substituted for the green, red, and yellow peppers.

CHAPTER 10

Poultry

PURCHASING AND STORAGE

Poultry is used extensively in all types of foodservices. It is available ready to cook, either fresh or frozen, whole or cut in pieces, and in a variety of other forms. Common forms include the following:

- *Whole birds:* broilers (3–4½ lb), roasters (5–8 lb), capon (9 lb approximately), Cornish hens (1½ lb or less), turkeys (4–24 lb or more), ducks (3–7 lb), and geese (6–12 lb).
- *Pieces:* halves or splits, quarters, breasts, split breasts, thighs, drumsticks, wings, drumettes. See Figure 10.1 for instructions on how to cut serving pieces from raw turkey breast, and Figure 10.2 for instructions on cutting up a whole chicken.
- *Other forms:* cooked breasts, rolled breasts, pieces (cooked and uncooked), cold cuts, hot dogs, sausage links, and patties.

All poultry is highly perishable, and caution regarding cleanliness should be exercised in preparing, cooking, cooling, storing, and serving poultry products. Fresh-chilled poultry should be kept at a temperature of 28°–32°F and used within one to two days. Frozen poultry should be kept hard-frozen at 0°F until it is removed from storage for thawing and cooking.

Poultry should be defrosted in a refrigerator. Place covered or wrapped poultry on trays to catch any drippings and arrange on refrigerator shelves so that air can circulate. Never thaw poultry in such a way the drippings from the raw birds will contaminate cooked foods or foods ready to eat. Allow thawing time of one to two days for whole chickens and turkey roasts, and one day or less for cut-up chicken or small poultry pieces. Whole turkeys require approximately 5 hours thawing time for every pound of bird. Once thawed, poultry may be kept safely no longer than 24 hours at 32°F before cooking. Poultry should never be refrozen.

HANDLING POULTRY SAFELY

Poultry is perishable and a potential carrier of illness-causing microorganisms, and should be handled with care to ensure food safety. Good handling practices include:

- Keeping fresh poultry refrigerated in the coldest part of the refrigerator (28°–32°F). Limit the time during production that poultry is at room temperature to 30 minutes to 1 hour.
- Thawing poultry in the refrigerator. (See Table 1.13 for approximate thawing times for poultry.)
- Keeping raw poultry and raw poultry juices separate from other foods.
- Washing hands frequently and washing and sanitizing countertops, cutting boards, knives, and other utensils used in preparing raw poultry before they come in contact with other raw or cooked foods.

COOKING METHODS

Most frozen poultry, except breaded and precooked products, is thawed prior to cooking. If frozen poultry is cooked, it will take approximately 1½ times longer than thawed poultry.

Poultry should be cooked at moderate heat (325°–350°F) for optimum tenderness and juiciness.

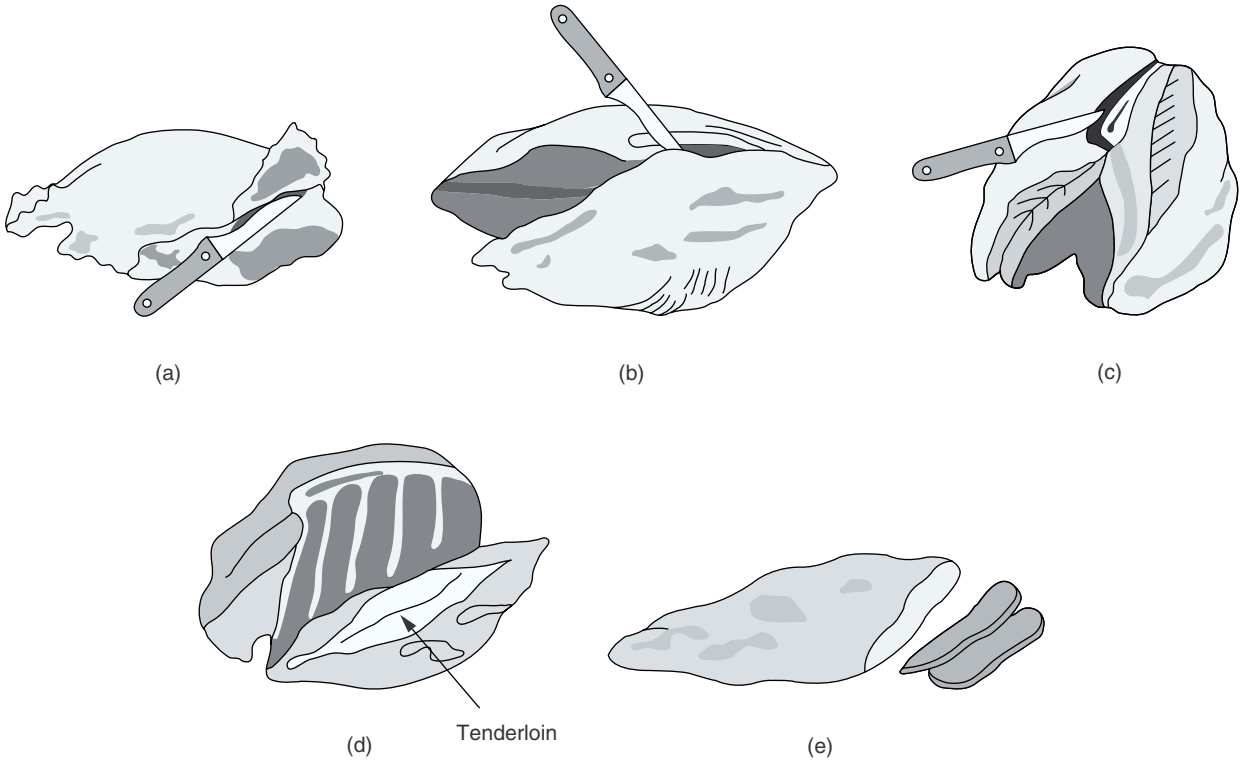


FIGURE 10.1 Skinning and boning a turkey breast. Courtesy of National Turkey Federation.

Recommended cooking methods for various classes of poultry are given in Table 10.1.

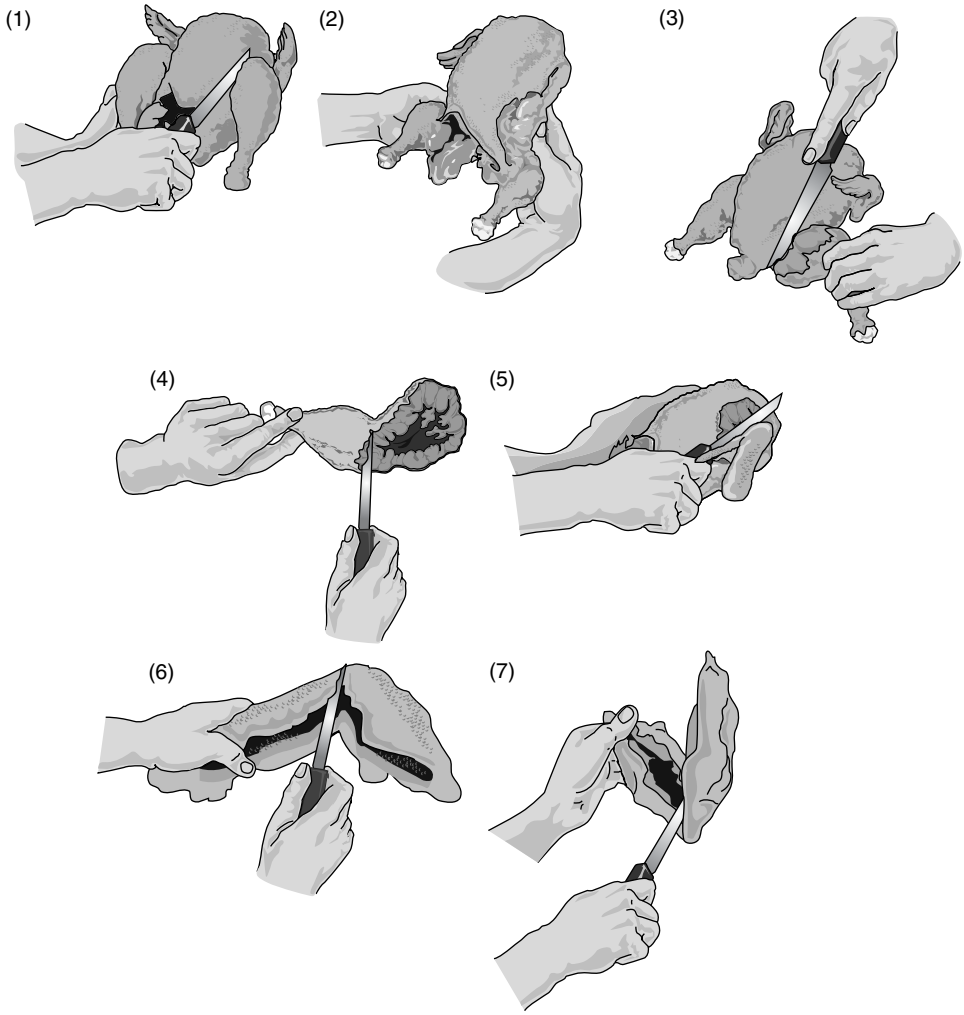
Poultry is easily flavored by imaginative use of herbs and spices. Possible spice choices for poultry include celery salt, curry, dillweed, fennel seed, garlic, marjoram, ground mustard, oregano, paprika, parsley, poultry seasoning, rosemary, saffron, sage, savory, sesame seeds, sweet basil, tarragon, and thyme. A recipe for a salt-free Lemon–Herb Seasoning appears on p. 591.

TABLE 10.1 Cooking methods for poultry

Kind of poultry	*Class*	*Average ready-to-cook weight (pounds)*	*Cookery method*	*Per-person allowance, ready-to-cook weight (ounces)*
Chicken	Broiler-fryer	3–4½	Fry, broil, grill, roast	¼–½ bird
	Roaster	5–8	Roast	12–16
	Breast, boneless		Grill, broil	5–6
Turkey	Whole	8–24	Roast	12–16
	Roast, boned and tied	12	Roast	5–6
	Roll, ready to cook	3–6	Roast	5–6
	Cutlet		Grill, broil	
	Steaks	¼–½	Grill, broil	
	Tenderloin		Grill, broil	
	Wings		Roast, broil	
	Drumsticks		Roast, broil	
Duck		3–7	Roast	12–16
Goose		6–12	Roast	12–16

Notes

- For cooked yields for chicken and turkey, see p. 17.
- For additional information on amounts of poultry to purchase, see Table 1.1
- For roasting times see Table 10.2. For broiling and grilling times, see Broiling or Grilling, p. 435.



1. Place chicken, breast-side up, on cutting board. Cut skin between thighs and body.
2. Grasping one leg in each hand, lift chicken and bend back legs until bones break at hip joints.
3. Remove leg-thigh from body by cutting (from tail towards shoulder) between the joints, close to bones in back of bird. Repeat other side.
4. To separate thighs and drumsticks, locate knee joint by bending thigh and leg together. With skin side down, cut through joints of each leg.
5. With chicken on back, remove wings by cutting inside of wing just over joint. Pull wing away from body and cut from top down, through joint.
6. Separate breast and back by placing chicken in neck-end or back and cutting (toward board) through joints along each side of rib cage.
7. Breast may be left whole or, to cut into halves, place skin side down on board and cut wishbone in half at V of bone.

FIGURE 10.2 **Cutting up a whole chicken. Courtesy of the National Broiler Council, Washington, DC.**

Broiling or Grilling

Most cuts of chicken and some turkey products may be cooked by broiling or grilling. Choose from half and quarter chickens, bone-in parts, and boneless chicken or turkey cuts such as breasts, breast or thigh steaks, and tenderloins. The procedure for broiling poultry follows:

- Use poultry that has been marinated, or brush with melted fat. Season as appropriate.
- Place rack 6–8 inches from heat source, grease lightly. Place poultry on broiler, skin side down if skin is left on. Turn larger pieces often so they cook and brown evenly. Thin steaks and breasts should be turned only once. For chicken breasts or turkey breast steaks, cook 4–7 minutes per side; for cutlets, 2–3 minutes per side; and 8–12 minutes per side for turkey tenderloin. Cook until poultry reaches an internal temperature of 170°F for bone-in pieces or 165°F for boneless pieces.

Poultry browns very quickly and larger pieces may become too dark before they are cooked through. If the poultry is browning too quickly, it may be placed in an oven on sheet pans or racks to complete cooking.

Deep-Fat Frying

Broiler-fryer pieces and many breaded patties, cutlets, and steaks may be cooked by submerging them in hot fat—deep-fat frying. Pressure frying (deep-fat frying in a covered fryer that allows steam to build up and cook the product under pressure) is also a common way to cook poultry.

Poultry products usually are breaded before deep-fat frying or are purchased with a batter or breaded coating. The recipe for coating chicken is on p. 39. Figure 10.3 shows the technique for breading. Guidelines for deep-fat frying raw broiler fryer pieces are as follows:

- Fry at 350°–375°F for regular deep-fat frying, 345°–350°F for pressure frying.
- Fill baskets so that hot fat can circulate around pieces. Do not overload.
- Use a good-quality fat with a high smoke point.
- 15–20 percent fresh fat should be added after each daily use. Old fat should be discarded.
- Cook until chicken reaches an internal temperature of 170°F for bone-in pieces or 165°F for boneless pieces.

Cooking time will vary because of size differences. Approximate frying times for raw chicken pieces are 15–20 minutes for regular deep-fat frying and 14–18 minutes for pressure frying. If cooked or partially cooked pieces are being used, refer to manufacturer's directions.

Pan Frying

Pan-fried chicken pieces are usually coated with flour or breading before cooking. See recipe on p. 443 and Figure 10.3. Chicken may be purchased breaded and ready to pan fry. Follow these guidelines for pan frying raw chicken pieces:

- Heat ½ inch of fat to 350°F. Arrange breaded chicken in hot fat, skin side down. Brown on all sides.
- Reduce temperature to 325°F and cook slowly until tender, usually 40–60 minutes, or until internal temperature reaches 170°F for bone-in pieces or 165°F for boneless pieces. Cooking time depends on size of pieces. Turn as necessary to assure even browning and doneness.

Sautéing thin slices of poultry in a small amount of fat is popular for many poultry dishes. Large pieces may require pan sautéing for browning, then finishing by another method, such as braising or baking.

Oven Frying

Oven frying is a satisfactory method for producing fried chicken without large quantities of fat. When properly cooked, the finished product is tender, moist, and crispy. The following guidelines are for oven frying chicken:

- Dredge chicken pieces in seasoned flour, then roll in melted fat.
- Place on sheet pans and bake approximately 1 hour at 350°–375°F or until internal temperature reaches 170°F for bone-in pieces or 165°F for boneless pieces.

This method of cooking chicken should result in a nicely browned product with no turning. See recipe on p. 444. Turkey drumsticks and drumettes may be oven fried using the same procedure. Cooking time will vary depending on the size.

Braising

Braising—cooking meat slowly in a closely covered pan with a small amount of moisture—is often required for mature, less tender poultry. Guidelines for braising whole and cut-up poultry follow:

Braising Whole Poultry

- Preheat oven to 450°F for young poultry, 325°F for more mature birds.
- Season and brush ready-to-cook poultry with fat.
- Place poultry in a heavy pan and cover tightly.
- Poultry is done when internal temperature reaches 180°F, 1–2 hours. Uncovering the poultry for the last 30 minutes of cooking will allow it to brown.

Braising Cut-up Poultry

- Roll serving-size pieces of poultry in seasoned flour, then brown in fat in a heavy frypan. Drain off fat. Place chicken in a baking pan.
- Add a small amount of hot water. Cover tightly and cook in a 325°F oven. Add more water as necessary to prevent sticking.
- Remove cover during the final 30 minutes of cooking to brown. Total cooking time will be 1½–2½ hours, depending on size of the pieces and maturity of the bird. Poultry is done when internal temperature reaches 170°F for bone-in pieces or 165°F for boneless pieces.

En Papillote

Single servings of boneless chicken may be cooked in parchment paper. See p. 290 for cooking procedures.

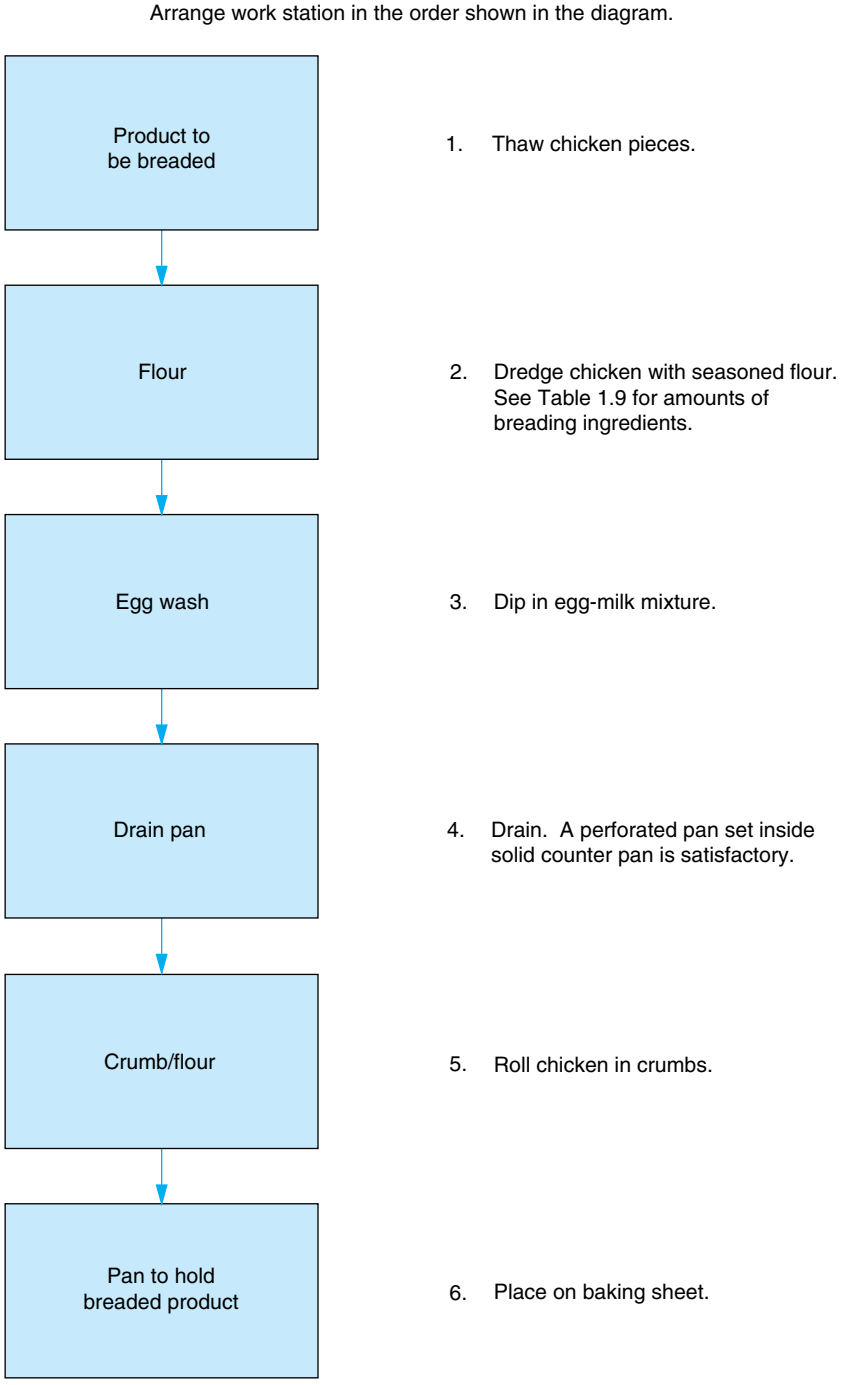

Arrange work station in the order shown in the diagram.
Product to be breaded
Flour
Egg wash
Drain pan
Crumb/flour
Pan to hold breaded product
1. Thaw chicken pieces.
2. Dredge chicken with seasoned flour. See Table 1.9 for amounts of breading ingredients.
3. Dip in egg-milk mixture.
4. Drain. A perforated pan set inside solid counter pan is satisfactory.
5. Roll chicken in crumbs.
6. Place on baking sheet.

FIGURE 10.3 **Breading techniques for poultry.**

Notes

- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps to prevent cross contamination.
- Keep chicken refrigerated, removing small quantities as needed.
- Breading ingredients in all steps should be kept below 41°F whenever possible and discarded after held above 41°F for 2 hours.

Stewing or Simmering and Poaching

Stewing or simmering and poaching refers to cooking in a liquid. Stewing or simmering requires that the temperature be kept just below the boiling point, bubbling very gently. Poaching temperature is slightly lower and less liquid is used. This moist heat method of stewing and simmering is used for larger, older, and tougher birds that require longer cooking times to soften. Poaching is used to gently cook tender poultry and develop a delicate subtle flavor. Guidelines are as follows:

Stewing or Simmering

- Barely cover poultry with seasoned boiling water.
- Simmer until tender, approximately 2½ hours.
- For cooking in a steamer, place whole or parts of birds in a solid steamer pan. Cook until tender. Internal temperature must reach 180°F for whole birds, 170°F for bone-in pieces, and 165°F for boneless pieces.

Poaching

Poaching is a technique that uses either liquid or steam and liquid to cook the food items. In addition to chicken, poaching is used for tender cuts of meat, fish, eggs, fruits, and vegetables. Items can be partially covered with liquid or fully submerged. The temperature of the poaching liquid should be approximately 185°F.

Procedures for poaching in a small amount of liquid (usually single-serving portions) are as follows:

- Heat a small amount of butter in a shallow poaching pan. Add vegetables, spices, and herbs. Arrange the food to be poached in the pan.
- Pour cold poaching liquid into the pan. Liquid should cover the product ⅓ to ½ inch deep. Bring the liquid to a simmer and cover with a lid or parchment paper. Finish cooking over direct heat or in an oven until done (for chicken: 170°F for bone-in pieces, 165°F for boneless pieces). Remove the chicken from the poaching liquid, cover, and keep warm.
- If desired, reduce the poaching liquid and use as a sauce.

Procedures for poaching in a large amount of liquid (usually for larger items) are as follows:

- Bring the liquid to a simmer and add the item being poached. The food should be fully submerged. Cook over direct heat without covering.
- The food item may be removed from the poaching liquid or cooled in the liquid. The liquid is generally not used as a sauce.

When stewed or simmered poultry meat is to be used in salads or creamed dishes, the following may be added to the cooking water for additional flavor: 1 carrot, 1 medium onion, 1 celery stalk, and 2 whole peppercorns for each bird.

Cooked poultry must be cooled immediately if prepared for use at a later time. Remove from broth and place on sheet pans. When poultry is cool enough to handle, remove meat from bones, place in shallow pans, and store in the refrigerator at 38°F or below. Broth should be cooled rapidly by stirring frequently during cooling.

Roasting

For large-quantity cookery, it is recommended that poultry be roasted unstuffed and that dressing be baked separately. If turkey is to be stuffed, mix the

TABLE 10.2 Roasting guide for poultry (defrosted)

Kind of poultry	*Ready-to-cook weight (pounds)*	*Approximate total roasting time at 325°F*	*Internal temperature of poultry when done (°F)*
Chicken, whole roasters	2½–4	1–1½ hr	180
Ducks	3–7	1–2 hr	180
Geese	6–8	2½–3½ hr	180
	8–12	3½–4½ hr	180
Turkeys, whole, thawed	8–12	2¾–3 hr	180
	12–16	3–3¾ hr	180
	16–20	3¾–4¼ hr	180
	18–20	4¼–4½ hr	180
	20–24	4½–5 hr	180
Turkey, breast and breast portions	4–6	1½–2¼ hr	170
	6–8	2¼–3¼ hr	170
Turkey roast, boneless	3–10	35–45 min per pound	170
Turkey tenderloin		18–30 min at 400°F	170
Turkey wings, drumsticks, wing drumettes, thigh		1–1¾ hr	180

Note

- Thermometer is inserted in thigh muscle of whole turkeys and in center of turkey roasts. The thermometer should not touch bone.

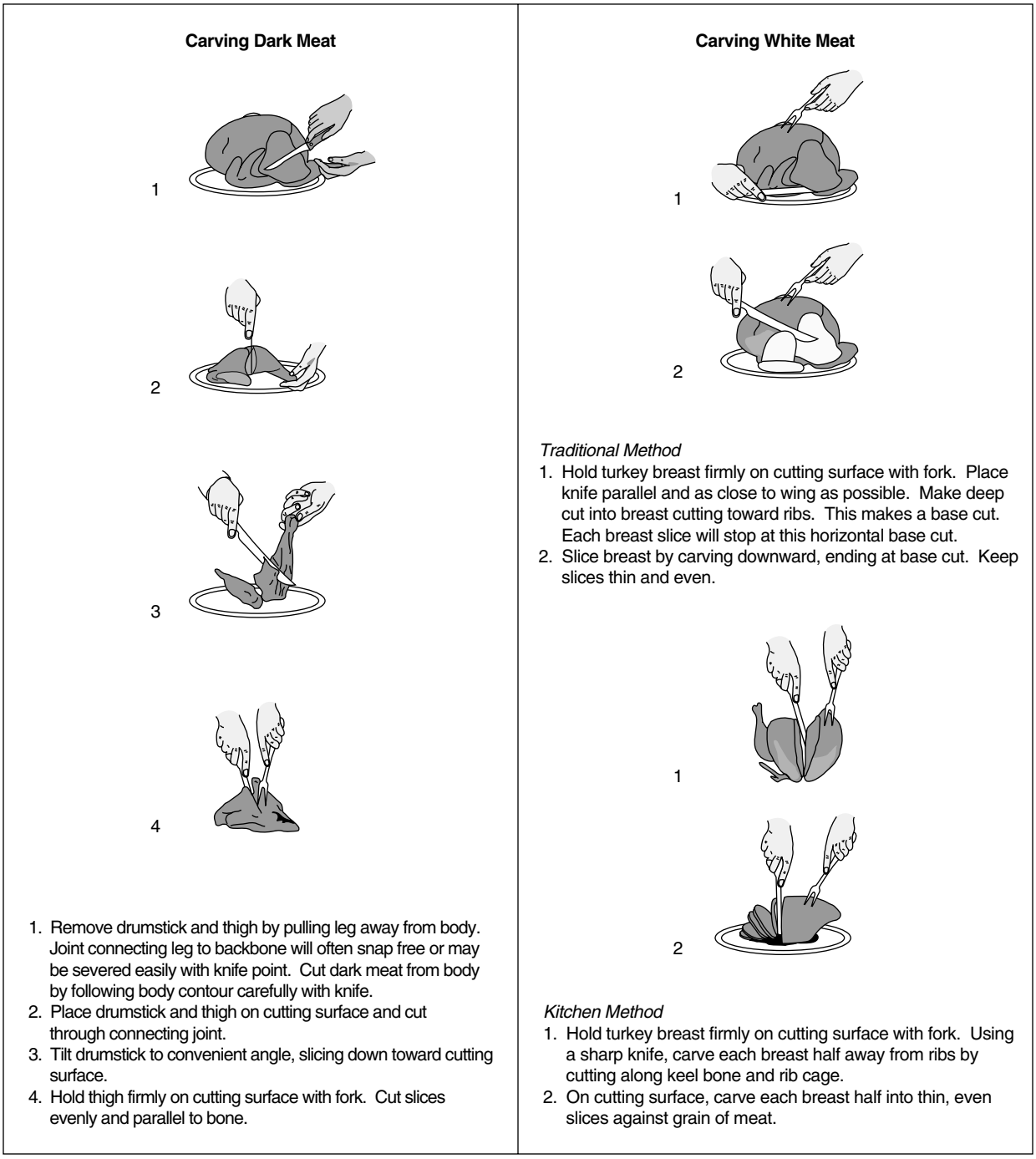

Carving Dark Meat
1
2
3
4
1. Remove drumstick and thigh by pulling leg away from body. Joint connecting leg to backbone will often snap free or may be severed easily with knife point. Cut dark meat from body by following body contour carefully with knife.
2. Place drumstick and thigh on cutting surface and cut through connecting joint.
3. Tilt drumstick to convenient angle, slicing down toward cutting surface.
4. Hold thigh firmly on cutting surface with fork. Cut slices evenly and parallel to bone.
Carving White Meat
1
2
Traditional Method
1. Hold turkey breast firmly on cutting surface with fork. Place knife parallel and as close to wing as possible. Make deep cut into breast cutting toward ribs. This makes a base cut. Each breast slice will stop at this horizontal base cut.
2. Slice breast by carving downward, ending at base cut. Keep slices thin and even.
1
2
Kitchen Method
1. Hold turkey breast firmly on cutting surface with fork. Using a sharp knife, carve each breast half away from ribs by cutting along keel bone and rib cage.
2. On cutting surface, carve each breast half into thin, even slices against grain of meat.

FIGURE 10.4 **Carving a turkey. Courtesy of National Turkey Federation.**

stuffing just before it is needed. Do not prepare the dressing or stuff the bird in advance. Follow this order of procedure in roasting poultry:

1. Prepare bird. Remove giblets and neck from body and neck cavities. Rinse bird well inside and out. Tuck wing tips under back of bird. Add ½ cup water to pan.
2. Season inside and outside of bird.
3. Brush with vegetable oil or soft fat (optional).
4. Place bird on rack in shallow baking pan, breast up. If bird will not be carved for show, bake breast side down. In the beginning, a tent of aluminum foil may be placed over the poultry, then removed for browning.
5. Baste with pan drippings or vegetable oil (optional).
6. Roast at 325°F to an internal temperature of 180°F. Insert thermometer in center of inside thigh muscle, being careful not to touch the bone with the stem (see Table 10.2 for roasting guide). If thermometer is not available, test doneness by moving drumstick. It moves easily at the thigh joint when done. Juices should be clear when meat is pierced in the deepest part with a long-tined fork.
7. Whole turkeys and larger roasts should be allowed to stand 20 minutes before carving. See Figure 10.4 for carving instructions.

The yield of cooked meat from poultry is influenced by the size of the bird, the amount of bone, the method of preparation and service, and the size of portions desired. Whole, ready-to-cook turkey will yield approximately 47 percent edible cooked meat without skin, neck meat, or giblets; turkey roast or roll will yield about 66 percent. Large fryers will yield approximately 35–40 percent usable cooked meat.

POULTRY RECIPES

FRICASSEE OF CHICKEN

Yield: 50 portions *Portion:* 3 oz cooked meat
Oven: 325°F *Bake:* 1½–2 hours

Ingredient	*Amount*	*Procedure*
Chicken	35 lb AP (13 2½–3 lb fryers)	Cut chickens into pieces of desired serving size. Mix flour and seasonings. Dredge chicken with seasoned flour.
Flour, all-purpose	12 oz	
Salt	2 Tbsp	
Pepper, white	1 tsp	
Shortening	1 lb	Brown chicken in hot shortening. Remove to roasting pan and cover with boiling water. Bake at 325°F, adding more water if necessary, until chicken is tender, 1½–2 hours.
Margarine	10 oz	When tender, remove chicken from stock.
Flour, all-purpose	6 oz	Make gravy, using liquid in which chicken was cooked (see p. 564). Serve over chicken.
Chicken broth	3½ qt	

Approximate nutritive values per portion **Calories** 618

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 31 g	**48%**	**Cholest.** 279 mg	**93%**	**Total Carb.** 8 g	**3%**	**Vitamin A**	**1%**	**Calcium**	**10%**
Sat. Fat 9 g	**45%**	**Sodium** 1108 mg	**46%**	Fiber 0.4 g	**2%**	**Vitamin C**	**0%**	**Iron**	**53%**
Protein 75 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.

Variations

- **Chicken with Black Olives.** Brown floured chicken. Place in baking pans. Cover with chicken gravy. Bake 1–1½ hours. Prior to serving, sprinkle with sliced ripe olives and sautéed fresh mushrooms.
- **Chicken Tahitian.** Cut chickens into quarters. Melt 12 oz shortening in baking pans. Arrange chicken in pans in single layer. Brown in 425°F oven for 30 minutes. Brush chicken with mixture of 2 12-oz cans undiluted frozen orange juice, 1 lb melted margarine, 2 Tbsp ground ginger, and 2 Tbsp soy sauce. Bake at 325°F for 30–40 minutes, basting as needed until chicken is glazed. Serve with Steamed Rice (p. 399) and garnish with slivered almonds and avocado wedges.
- **White Fricassee of Chicken.** Do not brown chicken. Simmer until tender. Remove from liquid. Boil liquid until concentrated. Add milk or cream to make 1½ gal; thicken to make a Medium White Sauce (p. 560). Beat constantly with wire whip while pouring hot sauce gradually over 10 beaten egg yolks (for safety reasons, egg yolks must reach 165°F). Season to taste. Add chicken.

GRILLED CHICKEN BREAST

Yield: 50 *Portion:* 6 oz
Grill: 350°F

Ingredient	*Amount*	*Procedure*
Chicken breasts, skinless, boneless, 6 oz	50	Grill chicken breasts on well-oiled grill preheated to 350°F, for 3–5 minutes, or until internal temperature is 165°F.
Seasonings (see Variations, or salt and pepper to taste)		

Approximate nutritive values per portion **Calories** 118

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	**5%**	**Cholest.** 57 mg	**19%**	**Total Carb.** 0 g	**0%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 1 g	**4%**	**Sodium** 53 mg	**2%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**4%**
Protein 21 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.

Variations

- **Blackened Chicken.** Rub chicken with Cajun Seasoning (p. 592) before grilling.
- **Chicken Breast Dijon.** In baker's bowl mix 2⅔ cups honey, 2 cups Dijon mustard, 1½ cups fresh or reconstituted frozen lemon juice, 1½ tsp dried tarragon leaves, and ¾ cup Worcestershire sauce. Brush glaze over chicken breasts during last few minutes of grilling.
- **Chicken Breast with Grilled Tomato Sauce.** Sauté 2 Tbsp minced garlic in 1½ cups vegetable oil until fragrant but not browned. Add 5 lb 12 oz firm tomatoes, diced, and 1½ Tbsp granulated sugar. Sauté 2 minutes until heated. Add ⅓ cup red wine vinegar, 1½ Tbsp salt, 2 Tbsp cracked black pepper, and ½ cup snipped fresh parsley. Toss lightly. Ladle 2 oz sauce over cooked chicken breast.
- **Curried Chicken Breast.** In baker's bowl blend 1 qt vegetable oil, 2⅔ cups fresh or reconstituted frozen lemon juice, 6 oz curry powder, 3 oz minced garlic, ½ tsp cayenne, and ½ tsp ground cumin. Place chicken breasts in marinade and turn so all surfaces are covered. Cover and refrigerate for several hours or overnight. Drain. Grill as for Grilled Chicken Breast.
- **Herb-Marinated Chicken Breast.** In baker's bowl, mix 2½ cups red wine vinegar, 2 tsp dried rosemary leaves, ¼ tsp ground thyme, 3 Tbsp minced garlic, 2 Tbsp salt, and 1 qt vegetable oil. Place chicken breasts in marinade and turn so all surfaces are covered. Cover and refrigerate for several hours or overnight. Drain. Grill as for Grilled Chicken Breast.
- **Sesame Mustard Chicken.** Prepare sauce by combining in steam-jacketed kettle or saucepan 1½ qt water, 2¾ cups cider vinegar, ¼ cup cooking sherry, 1 lb 4 oz granulated sugar, ¾ cup soy sauce, 2 oz dry mustard, 1 tsp turmeric, 1 oz toasted sesame seeds, 2 oz cornstarch, and 5 tsp sesame oil. Heat to boiling, stirring constantly, until thickened. Ladle 2 oz sauce over cooked chicken breast.
- **Tarragon Chicken.** Follow recipe for Lime Tarragon Turkey Steaks, p. 459. Substitute chicken breasts for turkey. Grill as for Grilled Chicken Breast.

CHEESE-STUFFED CHICKEN BREAST

Yield: 50 portions *Portion:* 5–7 oz
Oven: 375°F *Bake:* 15 minutes, 30 minutes

Ingredient	*Amount*	*Procedure*
Chicken breasts, boneless and skin less, 4–6 oz	50	Flatten chicken breasts and sprinkle with salt and pepper. (Keep chicken refrigerated, removing small quantities as needed for production.)
Salt	2 Tbsp	
Pepper, black	2 Tbsp	
Butter or margarine, softened	1 lb 8 oz	Mix together butter and seasonings. Spread each chicken breast with 1 tsp seasoned butter (save remaining seasoned butter for later step).
Oregano, dried, crumbled	2½ tsp	
Marjoram, dried, crumbled	1 Tbsp	
Parsley, fresh, chopped	½ oz	
Swiss cheese	1 lb 8 oz	Cut cheese into ½-oz strips and roll inside each piece of chicken.
Flour, all-purpose	1 lb	Roll each chicken breast in flour, then egg, then crumbs. Place in 12 × 20 × 2-inch pans. Bake at 375°F for 15 minutes until internal temperature reaches 165°F.
Eggs, beaten	12 (1 lb 4 oz)	
Bread crumbs, dry	2 lb	
Dry white wine	3 cups	Heat wine with butter reserved from earlier step. Pour over chicken and bake 30 minutes. Baste occasionally.

Approximate nutritive values per portion **Calories** 403

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 22 g	**35%**	**Cholest.** 146 mg	**49%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**17%**	**Calcium**	**17%**
Sat. Fat 11 g	**57%**	**Sodium** 571 mg	**24%**	Fiber 1 g	**3%**	**Vitamin C**	**1%**	**Iron**	**11%**
Protein 31 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.
- Monterey Jack cheese may be substituted for Swiss.

Variation

- **Cheese-Stuffed Chicken with Tomato Basil Sauce.** Sauté 8 oz chopped onion and 3 Tbsp minced garlic in ½ cup olive oil. Add 2 cups white wine and cook to reduce, approximately 5 minutes. Add 8 lb (EP) fresh tomatoes that have been peeled, seeded, and diced, along with 4 oz chopped fresh green onion, 1½ oz chopped fresh basil, and ½ tsp salt. Stir gently and briefly, 2–3 minutes. A mixture of chopped fresh herbs may be used. Choose from basil, marjoram, tarragon, thyme and fennel. Serve 3 oz sauce over cooked chicken breast. Chicken and sauce may be served with pasta, rice, or couscous. A good-quality marinara sauce can be substituted for the Tomato Basil Sauce.

PAN-FRIED CHICKEN

Yield: 50 portions *Portion:* 8–12 oz AP

Ingredient	*Amount*	*Procedure*
Chicken fryers, 2–3 lb	13	Cut chickens into pieces of desired serving size. (Keep chicken refrigerated, removing small quantities as needed for preparation.)
Flour, all-purpose	1 lb	Mix flour and seasonings.
Salt	2 Tbsp	Dredge chicken pieces with seasoned flour.
Paprika or poultry seasoning	1 Tbsp	
Pepper, black	1 tsp	
Shortening	1 lb	Brown chicken in hot shortening, ½ inch deep in pan. Reduce heat and cook slowly until tender, 45–60 minutes or until internal temperature reaches 170°F. Turn for even browning.

Approximate nutritive values per portion **Calories** 644

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 36 g	**55%**	**Cholest.** 192 mg	**64%**	**Total Carb.** 13 g	**4%**	**Vitamin A**	**5%**	**Calcium**	**3%**
Sat. Fat 10 g	**48%**	**Sodium** 432 mg	**18%**	Fiber 0.3 g	**1%**	**Vitamin C**	**0%**	**Iron**	**18%**
Protein 64 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.
- Chicken portions (quarters, thighs, or breasts) may be used.
- Chicken may be browned in a skillet, then placed in counter pans or baking pan, skin side up, and finished in the oven at 325°F for 20–30 minutes.

Variations

- **Chicken Cacciatore.** Brown chicken as above. Arrange into two 12 × 20 × 4-inch counter pans. Sauté 1 lb 8 oz coarsely diced onions and 2 cloves garlic, minced, in 5 oz margarine. Add 1 lb 8 oz green peppers cut into strips, 2 lb sliced mushrooms, 1 No. 10 can diced tomatoes with juice, ½ tsp oregano, ½ tsp thyme, and 1 qt Chicken Stock (p. 598). Thicken with 4 oz flour mixed with 2 cups cold water. Pour over chicken, 3½ qt per pan. Cover with aluminum foil. Bake at 325°F for 1 hour.
- **Chicken Cantonese.** Flour chicken and brown as above. Place in 12 × 20 × 2-inch counter pans. Cover with aluminum foil. Bake at 350°F for approximately 1 hour. Before serving, cover with sauce made of 3 qt pineapple juice, 3 qt orange juice, 12 oz flour, 3 lb pineapple cubes, 12 oranges peeled and diced, 1 lb 4 oz almonds slivered and browned, 2 tsp nutmeg, and 2 tsp salt. Combine juice and flour; cook until thickened. Add seasonings, fruit, and almonds. Pour over chicken. Bake uncovered about 10 minutes. Serve with cooked rice.
- **Deep-Fat Fried Chicken.** Use 1¾ to 2-lb broiler-fryers, cut in serving pieces, or chicken quarters. Dredge in seasoned flour as for Pan-fried Chicken; or dredge in flour, dip in egg and milk mixture (3 eggs to 1 cup milk), and roll in crumbs (12 oz); or dip in batter (p. 39). Fry in deep fat at 325°F for 12–15 minutes or until golden brown and cooked through. For larger fryers, brown in deep fat, drain, then place in baking pans and finish in the oven at 325°F for 20–30 minutes.
- **Southern Fried Chicken.** Dip chicken pieces in buttermilk then dredge in flour seasoned with salt and pepper. Refrigerate chicken for 30 minutes. Dredge chicken in flour again and pan-fry according to directions for Pan-Fried Chicken.

OVEN-FRIED CHICKEN

Yield: 50 portions *Portion:* 1 chicken quarter or 2 pieces
Oven: 350°F *Bake:* 1 hour

Ingredient	*Amount*	*Procedure*
Chicken quarters *or* chicken breasts and thighs	50 100	Mix flour and seasonings. Dredge chicken with seasoned flour. Place in single layer on greased or parchment-lined baking sheets.
Flour, all-purpose	1 lb	
Nonfat dry milk	8 oz	
Salt	2 Tbsp	
Paprika	1 Tbsp	
Pepper, black	1 tsp	
Margarine, melted	1 lb	Brush chicken with melted margarine. Bake at 350°F for 1 hour or until chicken is browned and tender, and internal temperature reaches 170°F.

Approximate nutritive values per portion — ***Calories 500***

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 23 g	**35%**	**Cholest.** 167 mg	**56%**	**Total Carb.** 9 g	**3%**	**Vitamin A**	**11%**	**Calcium**	**8%**
Sat. Fat 6 g	**29%**	**Sodium** 504 mg	**21%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**14%**
Protein 61 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.
- Chicken may be breaded. See Table 1.9 for coating and Figure 10.3 for procedures.

Variations

- **Barbecued Chicken.** Brown chicken at 425°F for 20–30 minutes. Reduce heat to 325°F. Pour 1½ gal Cooked Barbecue Sauce (p. 567) over chicken. Bake 40–45 minutes.
- **Chicken Parmesan.** Combine 1 lb flour, 1 oz salt, ½ tsp pepper, and ¾ cup Parmesan cheese. Dredge chicken pieces in flour mixture, then dip in mixture of 12 (1 lb 5 oz) eggs and 1 qt milk, then back into flour mixture. Arrange chicken on greased or parchment-paper-lined baking sheets. Drizzle lemon butter (8 oz melted butter or margarine and ¼ cup lemon or lime juice) over chicken. Bake at 325°F for 1 hour. Use drippings from baking sheets for gravy.
- **Chicken Teriyaki.** Marinate chicken overnight in a marinade of 3 cups soy sauce, 10 oz brown sugar, 1½ Tbsp garlic powder, and 1½ Tbsp ground ginger. Arrange chicken pieces in single layer on greased or parchment-paper-lined baking sheets. Bake at 350°F for 30 minutes. Remove from oven. Brush chicken with remaining marinade and bake until tender, about 30 minutes. 1 cup orange juice or pineapple juice may be added to the marinade.
- **Herb Baked Chicken.** Combine 1 lb 8 oz dry bread crumbs, 8 oz flour, 1½ oz salt, 1 Tbsp paprika, 1½ tsp onion salt, 1 tsp garlic salt, 1 Tbsp rosemary, and ¾ cup vegetable oil. Dredge chicken with crumb mixture. Place on parchment-paper-lined 18 × 26 × 1-inch baking sheets. Bake at 350°F for 1 hour.
- **Italian Baked Chicken.** Melt 3 lb butter. Dip chicken in melted margarine, then roll in coating mixture of 3 lb dry bread crumbs, 1 cup chopped parsley, 2 Tbsp paprika, 1 Tbsp salt, 3 Tbsp garlic salt, 2 Tbsp crumbled dried oregano, 1½ tsp crumbled dried basil, 1 tsp black pepper, and 12 oz grated Parmesan cheese. Place in shallow baking pans with skin side up. Bake at 350°F for 1 hour.

ORANGE GLAZED CORNISH GAME HENS

Yield: 50 *Portion:* 16 oz (1 hen)
Oven: 325°F *Bake:* 1½–1¾ hours

Ingredient	*Amount*	*Procedure*
Cornish game hens	50 hens	Wash hens inside and out. Remove packaged giblets. Place 4 × 4 in 18 × 26 × 2-inch pans.
Butter or margarine, melted	1 lb 8 oz	Brush hens with melted butter. Bake at 325°F for 1½–1¾ hours or until internal temperature reaches 180°F; follow glazing instructions that follow.
Orange juice, frozen, undiluted	2 cups	Blend together juice concentrate, syrup, and marmalade. Brush over poultry 30 minutes before end of roasting time and again 15 minutes before end of roasting time.
Corn syrup, light	2¼ cups	
Orange marmalade	12 oz	

Approximate nutritive values per portion **Calories** 559

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 26 g	**40%**	**Cholest.** 211 mg	**70%**	**Total Carb.** 19 g	**6%**	**Vitamin A**	**13%**	**Calcium**	**4%**
Sat. Fat 11 g	**55%**	**Sodium** 298 mg	**12%**	Fiber 0 g	**0%**	**Vitamin C**	**21%**	**Iron**	**17%**
Protein 59 g				Sugars 13 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.
- Other glazes may be substituted for orange glaze. See p. 353 for apricot, brown sugar, and honey glazes.

CHICKEN AND BROCCOLI STIR-FRY

Yield: 50 portions *Portion:* 4 oz chicken and broccoli + 4 oz rice

Ingredient	*Amount*	*Procedure*
Water (cold)	4½ qt	Prepare sauce by blending together the liquids, spices, and cornstarch. Stir with a wire whip until well blended.
Soy sauce	2⅔ cup	
Chicken base	1½ oz	Cook over medium heat until thick and translucent. Stir often during cooking.
Ginger, ground	1 Tbsp	
Garlic, minced fresh	2 oz	Keep hot (above 165°F). Save for later step.
Red pepper, crushed	¼ tsp	
Sesame seed oil	4 oz	
Cornstarch	7 oz	
Vegetable oil	½ cup	Sauté ginger and garlic in hot oil for 2–3 minutes, until softened.
Ginger, fresh, thinly sliced	1 tsp	
Garlic, minced	1 tsp	Add chicken and cook until done, 165°F, stirring often during cooking.
Chicken, raw, cut in strips	6 lb	
Water chestnuts, sliced, drained	2 lb (EP)	Add water chestnuts and mushrooms to the cooked chicken. Stir-fry until mushrooms are softened.
Mushrooms, sliced fresh	1 lb (EP)	Add Chinese cabbage, broccoli, and onions. Stir-fry for an additional 2–3 minutes, until vegetables are barely tender.
Chinese cabbage, 1-inch slices	2 lb (EP)	Pour hot sauce reserved from earlier step over chicken-vegetable mixture.
Broccoli florets	1 lb 8 oz (EP)	
Green onions, 1-inch slices	6 oz (EP)	
Rice, converted	3 lb 8 oz	Cook rice according to directions on p. 399.
Water, boiling	4¼ qt	Serve 4 oz chicken-vegetable mixture over 4 oz rice.
Salt	2 Tbsp	
Vegetable oil	2 Tbsp	

Approximate nutritive values per portion **Calories** 275

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 38 mg	**13%**	**Total Carb.** 35 g	**12%**	**Vitamin A**	**5%**	**Calcium**	**6%**
Sat. Fat 1 g	**6%**	**Sodium** 1300 mg	**56%**	Fiber 2 g	**9%**	**Vitamin C**	**31%**	**Iron**	**10%**
Protein 16 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.

Variations

- **Beef and Broccoli Stir-Fry.** Substitute beef strips for chicken, and beef base for chicken base. Reduce water chestnuts to 1 lb 8 oz and Chinese cabbage to 1 lb 6 oz. Increase broccoli to 3 lb and mushrooms to 1 lb.
- **Chicken and Vegetable Stir-Fry.** Follow recipe for Chicken and Broccoli Stir-Fry. Use a total of 7 lb assorted vegetables. Select from broccoli florets, carrots, Chinese cabbage, mushrooms, water chestnuts, onions (green or mature), snow peas, or sugar snap peas.

- **Pork Stir-Fry.** Substitute pork loin strips for chicken.
- **Tofu Stir-Fry.** Delete chicken. Just before serving, gently stir in 3 lb diced (¼-inch) tofu. Substitute vegetable base for chicken base if desired.
- **Vegetable Stir-Fry.** Delete chicken. Increase vegetables to 12 lb. Select from bell peppers (any color), broccoli florets, carrots, cauliflower florets, Chinese cabbage, mushrooms, water chestnuts, onions (green or mature), snow peas, sugar snap peas, summer squash, or zucchini.

CHICKEN AND SNOW PEAS OVER RICE

Yield: 50 portions *Portion:* 4 oz sauce + 4 oz rice

Ingredient	*Amount*	*Procedure*
Sugar, granulated	2 Tbsp	Combine in steam-jacketed kettle or saucepan.
Cornstarch	8 oz	
Pepper, black	1¼ tsp	
Ginger, ground	1¼ tsp	
Garlic powder	¼ tsp	
Water	1¼ gal	Stir in water, soy sauce, and chicken base.
Soy sauce	¾ cup	Cook until clear and thickened.
Chicken base	4 oz	Turn off heat. Cover and keep warm.
Chicken strips or cubes, uncooked	12 lb 8 oz	Stir-fry chicken in hot oil until lightly browned and cooked through, internal temperature 165°F. Drain off any liquid.
Green onions, sliced	6 oz	Add chicken and vegetables to reserved sauce.
Mushrooms, canned, drained	1 lb 10 oz	Cook for about 1 minute until snow peas are hot.
Snow peas, frozen	2 lb 12 oz	
Rice, converted	3 lb 8 oz	Cook rice according to directions on p. 399.
Water	4¼ qt	Serve 4 oz sauce over 4 oz cooked rice.
Salt	2 Tbsp	
Margarine	2 Tbsp	

Approximate nutritive values per portion **Calories** 311

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**10%**	**Cholest.** 55 mg	**18%**	**Total Carb.** 37 g	**12%**	**Vitamin A**	**2%**	**Calcium**	**4%**
Sat. Fat 2 g	**9%**	**Sodium** 1047 mg	**44%**	Fiber 1 g	**4%**	**Vitamin C**	**5%**	**Iron**	**13%**
Protein 24 g				Sugars 1 g					

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Notes

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- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.

SZECHWAN CHICKEN WITH CASHEWS

Yield: 50 portions *Portion:* 6 oz chicken + 4 oz rice

Ingredient	*Amount*	*Procedure*
Vegetable oil	1 cup	Heat oil in steam-jacketed kettle. Add ginger and garlic and cook until translucent. Remove garlic and discard.
Ginger root, sliced	3 oz (EP)	
Garlic, minced	3 oz (EP)	
Chicken strips, raw (unbreaded)	6 lb	Add chicken to hot oil. Stir fry to 165°F.
Green onions, 1-inch lengths	1 lb 8 oz (EP)	Add onion and pepper to chicken. Stir-fry 1–2 minutes.
Green peppers, 1-inch dice	3 lb 8 oz (EP)	
Mushrooms, drained (reserve juice) (canned)	3 lb 8 oz (EP)	Drain mushrooms and water chestnuts. Reserve mushroom liquid.
Water chestnuts, sliced, drained (canned)	12 oz (EP)	Add mushrooms and water chestnuts to chicken-vegetable mixture. Stir-fry until hot, 1–2 minutes. Reserve for later step (keep hot, above 140°F).
Mushroom liquid plus water	2 qt	Combine liquids, chicken bases, cornstarch, and pepper. Mix until smooth.
Chicken base	1 oz	Cook sauce until thickened and clear.
Soy sauce	¼ cup	
Cornstarch	6 oz	
Pepper, cayenne	1 tsp	
Cashew	1 lb	Stir chicken mixture (reserved from earlier step), cashews, and pimento into sauce.
Pimento, chopped	2 oz	
Rice, converted	3 lb 8 oz	Cook rice according to directions on p. 399.
Water, boiling	4¼ qt	Serve 6 oz chicken over 4 oz rice.
Salt	2 Tbsp	
Margarine or vegetable oil	2 Tbsp	

Approximate nutritive values per portion **Calories** 320

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**17%**	**Cholest.** 38 mg	**13%**	**Total Carb.** 39 g	**13%**	**Vitamin A**	**4%**	**Calcium**	**5%**
Sat. Fat 2 g	**10%**	**Sodium** 632 mg	**26%**	Fiber 3 g	**12%**	**Vitamin C**	**56%**	**Iron**	**12%**
Protein 17 g				Sugars 3 g					

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Notes

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- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.

CHICKEN CREPES

Yield: 50 portions *Portion:* 2 crepes
Oven: 325°F *Bake:* 10 minutes

Ingredient	*Amount*	*Procedure*
Margarine	1 lb 8 oz	Melt margarine in steam-jacketed or other large kettle.
Flour, all-purpose	12 oz	Add flour and salt. Blend and cook for 5 minutes.
Salt	1 oz (1½ Tbsp)	
Chicken Stock (p.598) or milk	1½ gal	Gradually add stock stirring constantly with wire whip. Cook until thickened.
Cooked chicken, diced	10 lb	Combine chicken, mushrooms, and seasonings. Add enough sauce to hold chicken together (1–2 qt).
Mushrooms, chopped	2 8-oz cans	Reserve remaining sauce to ladle over crepes.
Worcestershire sauce	2 Tbsp	
Curry powder	2 Tbsp	
Salt	To taste	
Crepes (p. 131)	1 recipe	Make batter. Fry on lightly greased griddle, using No. 20 dipper (1¾ oz) of batter. Brown lightly on one side. Turn and cook to set batter. Place Crepes on trays, with waxed paper between layers. Hold for next step.
		Portion No. 20 dipper of chicken mixture onto each crepe; roll and place on baking sheets. Heat in 325°F oven for 10 minutes, or until internal temperature reaches 165°F. Serve with remaining sauce, ladled on top.

Approximate nutritive values per portion **Calories** 411

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 21 g	**32%**	**Cholest.** 155 mg	**52%**	**Total Carb.** 27 g	**9%**	**Vitamin A**	**12%**	**Calcium**	**10%**
Sat. Fat 5 g	**27%**	**Sodium** 1055 mg	**44%**	Fiber 1 g	**4%**	**Vitamin C**	**2%**	**Iron**	**15%**
Protein 37 g				Sugars 3 g					

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Notes

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- 1 lb sautéed mushrooms may be added to sauce that is ladled over crepes.

Variations

- **Fruit Cheese Crepes.** Fill Crepes (recipe on p. 131) with 1½ Tbsp of the following mixture: 2 lb cream cheese, whipped and combined with 2 cups sour cream. Serve with frozen strawberries or raspberries, thickened slightly, or with prepared fruit pie filling, heated.
- **Spinach Crepes.** Omit chicken and sauce. Fill crepes with cooked Spinach Soufflé (p. 671). Serve with Cheese Sauce (p. 561) or Swiss Cheese and Mushroom Sauce (p. 562).

CHICKEN À LA KING

Yield: 50 portions *Portion:* 6 oz (¾ cup)

Ingredient	*Amount*	*Procedure*
Cooked chicken	6 lb	Dice chicken.
Margarine Onions, minced	1 lb 12 oz 4 oz	Melt margarine in steam-jacketed or other large kettle. Add onions and sauté until tender.
Flour, all-purpose Salt Pepper, white	1 lb 4 oz 1 oz (1½ Tbsp) 1 tsp	Add flour and seasonings to onions. Stir and cook for 5 minutes.
Chicken Stock (p. 598) Milk	3 qt 2¼ qt	Add stock and milk, stirring constantly with wire whip. Cook until thickened.
Green pepper, chopped Pimento, shredded Mushrooms, sliced, sautéed	4 oz 4 oz 1 lb	Add to sauce.
		Fold chicken gently into sauce. Check seasoning. Heat to 170°F. Serve over biscuits, toast points, or rice.

Approximate nutritive values per portion **Calories** 289

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 21 g	**32%**	**Cholest.** 43 mg	**14%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**33%**	**Calcium**	**9%**
Sat. Fat 6 g	**28%**	**Sodium** 586 mg	**24%**	Fiber 1 g	**4%**	**Vitamin C**	**86%**	**Iron**	**44%**
Protein 9 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 18–20 lb chicken (AP) will yield approximately 6 lb cooked meat.
- ½ oz (¼ cup) dehydrated onions, rehydrated in ½ cup water, may be substituted for fresh onions.

Variations

- **Creamed Chicken.** Delete green pepper, pimento, and mushrooms.
- **Tuna à la King.** Substitute tuna for chicken. Stir carefully to avoid breaking up tuna pieces.
- **Turkey à la King.** Substitute turkey for chicken.

HOT CHICKEN SALAD

Yield: 56 portions or 2 pans 12 × 20 × 2 inches or 50 individual casseroles *Portion:* 5 oz
Oven: 350°F *Bake:* 25–30 minutes

Ingredient	*Amount*	*Procedure*
Cooked chicken	6 lb	Dice chicken.
Celery, diced	4 lb	Combine and add to chicken. Mix lightly.
Onion, chopped	3 oz	Scale mixture into two 12 × 20 × 2-inch counter pans, 7 lb per pan.
Almonds, browned and chopped coarsely	1 lb	If using individual casseroles, portion with No. 8 dipper.
Lemon juice	½ cup	
Lemon peel, grated	3 Tbsp	
Pepper, white	1 tsp	
Salt	1 Tbsp	
Mayonnaise	1½ qt	
Cheddar cheese, shredded	3 lb	Sprinkle cheese over top of salad mixture.
Potato chips, crushed	12 oz	Distribute potato chips uniformly over cheese. Bake at 350°F for 25–30 minutes, or until bubbly. Cut 4 × 7 or serve with No. 8 dipper.

Approximate nutritive values per portion **Calories** 440

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 37 g	**56%**	**Cholest.** 80 mg	**27%**	**Total Carb.** 7 g	**2%**	**Vitamin A**	**10%**	**Calcium**	**22%**
Sat. Fat 10 g	**49%**	**Sodium** 491 mg	**20%**	Fiber 1 g	**5%**	**Vitamin C**	**9%**	**Iron**	**7%**
Protein 22 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 18–20 lb chicken (AP) will yield approximately 6 lb cooked meat.
- Swiss cheese may be substituted for cheddar cheese.
- 2 lb of the cheese may be added to the chicken mixture and 1 lb sprinkled on top.
- Salad should be served as soon as possible after preparation.

Variation

- **Hot Turkey Salad.** Substitute turkey for chicken. A 16- to 18-lb turkey (AP) will yield approximately 6 lb cooked meat.

SCALLOPED CHICKEN

Yield: 48 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz
Oven: 350°F *Bake:* 30–40 minutes

Ingredient	*Amount*	*Procedure*
Cooked chicken	6 lb	Cut chicken into ½-inch pieces. Save for layering step.
Margarine Flour, all-purpose Chicken base	1 lb 8 oz 3 oz	Melt margarine in steam-jacketed or other kettle. Stir in flour and chicken base. Cook 5 minutes.
Water	1 gal	Add water to roux, while stirring with wire whip. Cook until thickened.
Eggs, beaten	12 (1 lb 5 oz)	When sauce is thick, add small amount of hot mixture to eggs, then stir into remainder of sauce. Save for layering step.
Dry bread, cubed Salt Pepper, black Sage, ground, or poultry seasoning	2 lb 6 oz 1 tsp 2 tsp 1½ tsp	Add seasonings to bread. Mix to distribute seasonings.
Margarine Celery, chopped Onion, chopped Chicken base	10 oz 8 oz 8 oz 2 oz	Sauté celery and onion in melted margarine. Stir in chicken base. Add to bread.
Water	2½ qt	Add water to bread. Toss lightly. Do not overmix.
		Place dressing, sauce, and chicken in two greased 12 × 20 × 2-inch counter pans, layered in each pan as follows: a. 4 lb 8 oz dressing c. 3 lb chicken b. 1¼ qt sauce d. 1¼ qt sauce
Cracker crumbs, coarse Margarine, melted	6 oz 3 oz	Mix crumbs and margarine and sprinkle on mixture, 4 oz per pan. Bake at 350°F for 30–40 minutes, internal temperature 180°F. Cut 4 × 6.

Approximate nutritive values per portion **Calories** 334

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 20 g Sat. Fat 4 g **Protein** 21 g	**31%** **21%**	**Cholest.** 99 mg **Sodium** 1005 mg	**33%** **42%**	**Total Carb.** 18 g Fiber 3 g Sugars 1 g	**6%** **11%**	**Vitamin A** **Vitamin C**	**8%** **1%**	**Calcium** **Iron**	**5%** **11%**

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Scalloped Turkey or Chicken may be made by preparing one recipe of Bread Dressing (p. 461) and scaling it in the following manner in each of two 12 × 20 × 2-inch pans. Scale 4 lb dressing into pans and spread evenly. Arrange 3 lb cooked turkey or chicken over dressing. Scale 4 lb dressing over turkey, spreading evenly. Bake at 325°F for 1 hour 15 minutes. Serve with chicken Gravy (p. 564).
- 1 oz (½ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.

Variation

- **Scalloped Turkey.** Substitute turkey for chicken.

BRUNSWICK STEW

Yield: 50 portions or 3 gal *Portion:* 8 oz (1 cup)

Ingredient	*Amount*	*Procedure*
Cubed fresh pork	2 lb AP	Brown pork. Drain off fat.
Cooked chicken	7 lb 8 oz	Cube chicken.
Celery, diced Carrots, diced Potatoes, diced Onions, finely chopped	1 lb 8 oz 2 lb 4 oz 2 lb 10 oz	Cook vegetables until partially done.
Margarine Flour, all-purpose	8 oz 8 oz	Melt margarine in steam-jacketed or other large kettle. Add flour and stir until smooth.
Chicken Stock (p. 598) Salt Pepper, white	1 gal 1 Tbsp 1½ tsp	Add stock gradually, stirring constantly with wire whip. Add chicken, pork, and vegetables. Simmer until vegetables are tender. Do not overcook.
Green peas, frozen	1 lb	Add peas. Cook an additional 5 minutes. Stew should be fairly thick. Serve in soup bowls or deep plates.

Approximate nutritive values per portion **Calories** 246

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**16%**	**Cholest.** 65 mg	**22%**	**Total Carb.** 12 g	**4%**	**Vitamin A**	**60%**	**Calcium**	**3%**
Sat. Fat 3 g	**14%**	**Sodium** 493 mg	**21%**	Fiber 1 g	**6%**	**Vitamin C**	**11%**	**Iron**	**9%**
Protein 25 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- If large fryers are used, cook 15 lb AP. Remove meat from bones and cube. Save broth for sauce.

SINGAPORE CURRY

Yield: 50 portions *Portion:* 8 oz curry + 6 oz rice

Ingredient	*Amount*	*Procedure*
Cooked chicken	15 lb	Cut chicken into ¾-inch pieces. Reserve for later step.
Margarine	1 lb	Melt margarine in steam-jacketed or other large kettle.
Flour, all-purpose	1 lb 4 oz	Add flour and stir until smooth. Cook 5 minutes.
Chicken Stock (p. 598)	5 qt	Add stock gradually, stirring constantly with wire whip. Cook until thickened.
Salt	1 tsp	Add salt, pepper, and curry powder.
Pepper, white	½ tsp	Add chicken and stir gently to prevent breaking of chicken pieces. Return temperature to 170°F.
Curry powder	2 oz	Taste and add more seasonings as the chicken takes up the curry flavor. It should be quite yellow and have a distinct curry flavor.
Rice, converted	5 lb	Cook rice according to directions on p. 399.
Salt	3 oz	This amount of rice will allow very generous servings, 6 oz.
Water, boiling	6¼ qt	
Margarine or vegetable oil	3 Tbsp	
French fried onion rings	50 servings	Serve curried chicken over rice, with accompaniments. See directions for serving in Notes.
Tomatoes, fresh, sliced	10 lb	
Bananas, cut in thick slices or chunks	10 lb	
Pineapple chunks, drained	1 No. 10 can	
Coconut, shredded or flaked	1 lb 8 oz	
Salted peanuts	1 lb	
Chutney	3 1-lb jars	

Approximate nutritive values per portion **Calories** 869

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 31 g	**47%**	**Cholest.** 113 mg	**38%**	**Total Carb.** 103 g	**34%**	**Vitamin A**	**12%**	**Calcium**	**9%**
Sat. Fat 10 g	**51%**	**Sodium** 1047 mg	**44%**	Fiber 7 g	**27%**	**Vitamin C**	**51%**	**Iron**	**31%**
Protein 47 g				Sugars 43 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Shrimp, veal, lamb, or a combination of chicken and pork may be used, allowing 6 oz cooked meat per person.
- For a Singapore Curry dinner, arrange foods on a buffet table in the following order: rice, curried chicken or other meat, and accompaniments in the order listed in the recipe. Each guest serves rice in the center of the plate, dips a generous serving of curried meat over the rice, and then adds accompaniments as desired.

CHICKEN POT PIE

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz
Oven: 400°F *Bake:* 20–25 minutes

Ingredient	*Amount*	*Procedure*
Margarine Onions, chopped	12 oz 14 oz	Sauté onions in margarine in steam-jacketed or other large kettle.
Flour, all-purpose Pepper, black	1 lb 6 oz ½ tsp	Add flour and pepper to onions. Stir until blended. Cook 30 minutes.
Chicken Stock (p. 598)	1¼ gal	Add stock, stirring constantly with wire whip. Cook until thickened, stirring often. Check for seasoning. Add salt if necessary.
Cooked chicken	6 lb	Cut chicken into ½- to ¾-inch pieces. Add to sauce.
Celery, sliced Carrots, sliced	1 lb 8 oz 2 lb	Cook celery and carrots until partially done. Drain. Fold into sauce.
Green peas, frozen	2 lb	Add peas (uncooked) to chicken mixture. Mix carefully. Scale chicken into two 12 × 20 × 2-inch counter pans, 12 lb per pan.
Pastry (p. 225)	3 lb	Roll out 1 lb 8 oz Pastry to fit each pan. Place on chicken mixture and seal edges to pan. Bake at 400°F for 20–25 minutes or until crust is browned and internal temperature is 180°F.

Approximate nutritive values per portion **Calories** 370

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 20 g	**31%**	**Cholest.** 46 mg	**15%**	**Total Carb.** 26 g	**9%**	**Vitamin A**	**55%**	**Calcium**	**3%**
Sat. Fat 5 g	**24%**	**Sodium** 590 mg	**25%**	Fiber 2 g	**6%**	**Vitamin C**	**9%**	**Iron**	**13%**
Protein 21 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 18–20 lb chicken AP will yield approximately 6 lb cooked meat.
- Chicken mixture may be topped with Baking Powder Biscuits (p. 110).
- 1¾ oz (¾ cup) dehydrated onions, rehydrated in 1¼ cups water, may be substituted for fresh onions.

Variation

- **Turkey Pie.** Substitute turkey for chicken.

CHICKEN AND NOODLES

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz
Oven: 350°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Cooked chicken	7 lb 8 oz	Cut chicken into ½-inch pieces.
Noodles Water, boiling Salt Vegetable oil	3 lb 3 gal 3 oz 1 Tbsp	Cook noodles according to directions on p. 369. Drain.
Margarine Onions, chopped	12 oz 2 oz	Melt margarine in a steam-jacketed or other large kettle. Add onions and sauté until tender.
Flour, all-purpose Salt	7 oz 1 Tbsp	Add flour and salt to onions. Stir until blended. Cook 5 minutes.
Milk or chicken stock (p. 598)	3½ qt	Add stock or milk gradually, stirring constantly with wire whip. Cook until thickened. Combine chicken, cooked noodles, and sauce. Scale into two 12 × 20 × 2-inch counter pans, 11 lb 12 oz per pan. Bake at 350°F for 30 minutes or until internal temperature reaches 180°F.

Approximate nutritive values per portion **Calories** 331

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	**21%**	**Cholest.** 91 mg	**30%**	**Total Carb.** 26 g	**9%**	**Vitamin A**	**6%**	**Calcium**	**10%**
Sat. Fat 4 g	**20%**	**Sodium** 414 mg	**17%**	Fiber 0.1 g	**1%**	**Vitamin C**	**1%**	**Iron**	**12%**
Protein 25 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 20–22 lb chicken (AP) will yield approximately 7 lb 8 oz cooked meat.
- ¼ oz (2 Tbsp) dehydrated onion, rehydrated in ¼ cup water, may be substituted for fresh onions.

Variations

- **Chicken and Noodles with Mushrooms.** Add 2 lb sliced mushrooms, sautéed with the onions.
- **Pork and Noodle Casserole.** Substitute 10 lb pork, diced and cooked, for chicken.
- **Turkey and Noodle Casserole.** Substitute cooked turkey for chicken (cook 18- to 20-lb turkey).

CHICKEN AND RICE CASSEROLE

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz
Oven: 350°F *Bake:* 1 hour

Ingredient	*Amount*	*Procedure*
Cooked chicken	6 lb	Dice chicken.
Rice, converted Water, boiling Salt Margarine or vegetable oil	2 lb 8 oz 2 qt 2 Tbsp 2 Tbsp	Cook rice according to directions on p. 399.
Margarine, melted Onion, chopped Celery, chopped Mushrooms, sliced	6 oz 3 oz 8 oz 1 lb	Sauté onion, celery, and mushrooms in margarine.
Flour, all-purpose	8 oz	Add flour to vegetables and stir to blend.
Milk Chicken Stock (p. 598) Pepper, white	1½ qt 2 qt ¼ tsp	Add milk and stock, stirring constantly with wire whip. Cook until thickened. Add pepper. Add salt if needed.
Almonds, slivered Pimento, chopped	6 oz 3 oz	Add almonds, pimento, and chicken to sauce. Combine carefully. Scale into two lightly greased 12 × 20 × 2-inch baking pans, 10 lb 8 oz per pan.
Bread crumbs Margarine, melted Cheddar cheese, shredded	9 oz 3 oz 6 oz	Combine bread crumbs, margarine, and cheese. Sprinkle over mixture in pans, 9 oz per pan. Bake at 350°F for 1 hour or until internal temperature reaches 180°F.

Approximate nutritive values per portion **Calories** 320

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	**20%**	**Cholest.** 53 mg	**18%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**5%**	**Calcium**	**10%**
Sat. Fat 4 g	**18%**	**Sodium** 585 mg	**24%**	Fiber 1 g	**5%**	**Vitamin C**	**3%**	**Iron**	**12%**
Protein 21 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 18–20 lb chicken AP will yield approximately 6 lb cooked meat.
- Sliced water chestnuts may be substituted for almonds.
- Chopped parsley may be sprinkled over the baked product just before serving.
- ¼ oz (2 Tbsp) dehydrated onions, rehydrated in ¼ cup water, may be substituted for fresh onions.

TURKEY AND DUMPLINGS

Yield: 48 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Margarine Onions, chopped	14 oz 1 lb	Melt margarine in steam-jacketed or other kettle. Sauté onions until tender.
Flour, all-purpose Pepper, black	1 lb 8 oz 1½ tsp	Stir flour and pepper into onions. Cook 5–10 minutes, stirring often.
Water Chicken base	1½ gal 6 oz	Add water and chicken base to mixture in kettle. Cook until thickened, stirring often.
Turkey, cooked	6 lb 10 oz	Cut turkey into ½-inch cubes. Add to sauce.
Celery, chopped Carrots, sliced	1 lb 10 oz 2 lb 4 oz	Steam celery and carrots until tender-crisp. Fold into turkey mixture. Scale into two 12 × 20 × 2-inch pans, 13 lb per pan.
STEAMED DUMPLINGS		
Flour, all-purpose Baking powder Salt	2 lb 4 oz 3 oz 2 Tbsp	Combine flour, baking powder, and salt in mixer bowl. Mix until blended.
Eggs, beaten Milk Parsley, fresh, chopped Poultry seasoning	5 (9 oz) 1½ qt 1 oz 2 tsp	Combine eggs, milk, and seasonings. Add to dry ingredients and mix only until blended. Portion 4 × 6 with No. 24 dipper onto turkey and gravy. Steam until dumplings are done, approximately 20 minutes.

Approximate nutritive values per portion **Calories** 336

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	**21%**	**Cholest.** 62 mg	**21%**	**Total Carb.** 35 g	**12%**	**Vitamin A**	**64%**	**Calcium**	**20%**
Sat. Fat 4 g	**18%**	**Sodium** 1593 mg	**66%**	Fiber 2 g	**8%**	**Vitamin C**	**8%**	**Iron**	**16%**
Protein 18 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Steam as soon as dumplings are portioned onto gravy. Product holds well after cooking.
- 2 oz (1 cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

LIME TARRAGON TURKEY STEAK

Yield: 50 steaks *Portion:* 6 oz
Grill: 350°F *Grill:* 4–7 minutes per side

Ingredient	*Amount*	*Procedure*
Turkey steaks, 6 oz	50	
Vegetable oil	3½ cups	Combine oil, liquids, and spices in stainless steel container.
Lime juice, frozen, reconstituted	1 qt	Pour over turkey steaks and refrigerate for several hours or overnight. Turn if necessary to make sure both sides of turkey are coated.
Cooking sherry	2 cups	
Garlic cloves, minced	4 oz	
Chives, chopped	3 oz	
Tarragon, dried whole leaves	½ cup	
Salt	2½ oz	
Pepper, black	5 tsp	
Dry mustard	1 tsp	
Worcestershire sauce	¼ cup	
Water	2 cups	
		Drain marinade from turkey steaks.
		Preheat grill to 350°F.
		Grill steaks approximately 4–7 minutes per side until internal temperature reaches 165°F.

Approximate nutritive values per portion **Calories** 240

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**17%**	**Cholest.** 66 mg	**22%**	**Total Carb.** 3 g	**1%**	**Vitamin A**	**1%**	**Calcium**	**4%**
Sat. Fat 2 g	**10%**	**Sodium** 630 mg	**26%**	Fiber 0 g	**0%**	**Vitamin C**	**9%**	**Iron**	**10%**
Protein 30 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.

Variation

- **Creole Turkey Steaks.** Prepare Creole Spice Mixture, p. 295 (Creole Baked Fish). Dip turkey steaks in melted margarine, then sprinkle generously with spice mixture. Grill steaks until done, 4–7 minutes per side.

CORN BREAD DRESSING

Yield: 50 portions or 1 pan 12 × 20 × 2 inches *Portion:* 4 oz
Oven: 375°F *Bake:* 20–30 minutes

Ingredient	*Amount*	*Procedure*
Corn Bread (p. 122) ⅓ recipe	3 lb 10 oz	Prepare Corn Bread. Crumble
Bread, cubed or torn	1 lb 12 oz	Crumble bread. Add to Corn Bread.
Margarine Onions, chopped Celery, chopped	4 oz 1 lb 1 lb 8 oz	Melt margarine in steam-jacketed or other kettle. Add onions and celery. Sauté until vegetables are tender. Add bread.
Chicken base Water, hot Salt (see Notes) Poultry seasoning Pepper, black	2 oz 3 qt 1 tsp 1 Tbsp 1 tsp	Combine chicken base, water, and seasonings. Pour over bread mixture. Stir to moisten.
		Scale mixture (12 lb) into lightly greased 12 × 20 × 2-inch pan. Bake at 375°F for 20–30 minutes or until 180°F. Serve with No. 12 dipper.

Approximate nutritive values per portion **Calories** 157

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**9%**	**Cholest.** 15 mg	**5%**	**Total Carb.** 23 g	**8%**	**Vitamin A**	**2%**	**Calcium**	**8%**
Sat. Fat 1 g	**7%**	**Sodium** 546 mg	**23%**	Fiber 2 g	**8%**	**Vitamin C**	**2%**	**Iron**	**6%**
Protein 4 g				Sugars 4 g					

*Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If chicken base is highly salted, reduce or delete salt in recipe.

BREAD DRESSING (OR STUFFING)

Yield: 50 portions or 1 pan 12 × 20 × 2 inches *Portion:* 4½ oz
Oven: 325°F *Bake:* 1 hour 15 minutes

Ingredient	*Amount*	*Procedure*
Onion, chopped	1 lb	Sauté onion and celery in margarine until lightly browned.
Celery, chopped (optional)	1 lb	
Margarine	1 lb	
Water (see Notes)	1 gal	Add water, chicken base, and seasonings to sautéed vegetables. Heat until hot.
Chicken base	3 oz	
Salt (see Notes)	1 Tbsp	
Pepper, black	1 Tbsp	
Poultry seasoning (see Notes)	1 Tbsp	
Thyme, ground	1 Tbsp	
Dry bread, cubed	3 lb 12 oz	Add bread gradually to vegetable mixture, tossing lightly until thoroughly mixed. Avoid overmixing, which causes dressing to be soggy and compact.
		Scale dressing (15 lb) into lightly greased 12 × 20 × 2-inch pan.
		Bake at 325°F for approximately 1 hour 15 minutes, internal temperature 180°F.
		Serve with No. 10 dipper.

Approximate nutritive values per portion **Calories** 159

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**14%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 17 g	**6%**	**Vitamin A**	**2%**	**Calcium**	**4%**
Sat. Fat 2 g	**8%**	**Sodium** 757 mg	**32%**	Fiber 4 g	**17%**	**Vitamin C**	**2%**	**Iron**	**7%**
Protein 4 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- The amount of liquid will depend on the dryness of the bread.
- If chicken base is highly salted, reduce or delete salt in recipe.
- Sage may be used for part or all of the poultry seasoning.

Variations

- **Apple Stuffing.** Add 1 lb finely chopped apples. Reduce bread cubes to 3 lb 4 oz.
- **Chestnut Stuffing.** Add 1 lb 4 oz cooked chestnuts, chopped. Reduce bread to 3 lb 8 oz. Substitute 2 qt milk for 2 qt water.
- **Mushroom Stuffing.** Reduce celery and onions to 8 oz each. Sauté 2 lb fresh mushrooms with the vegetables.
- **Nut Stuffing.** Add 2 cups chopped almonds or pecans that have been browned lightly in 4 oz melted margarine. Substitute 1 qt milk for 1 qt water.
- **Oyster Stuffing.** Add 1 lb 8 oz oysters.
- **Raisin Stuffing.** Add 1 lb seedless raisins.
- **Sausage Stuffing.** Reduce bread cubes to 3 lb 4 oz. Add 2 lb sausage, cooked and drained, and 1 lb tart apples, peeled and chopped.

CHAPTER 11

Salads & Salad Dressings

SALADS

Salads are popular menu items, versatile enough to be served in a variety of ways. Appetizer salads are served as a first course and play an important role in stimulating the appetite and creating a sense of anticipation for the remainder of the meal. Visual appearance as well as taste and flavor combinations must be considered.

Accompaniment salads are considered side dishes to the entree. These salads should be selected carefully so that the flavor and food group characteristics will be in harmony. Many accompaniment salads have traditional significance: turkey and cranberries, pork and applesauce, sandwiches and pasta or potato salad, and fish and coleslaw.

Entree salads offer an upscale approach to dining, particularly at the noon meal and among the health-conscious patron. Other than bread or crackers and a beverage, the salad is generally the only menu item, making the ingredient selections especially important. Entree salads should be substantial in the amount of food provided, and they may include at least one ingredient that is a source of protein. The salad should be fresh in appearance and attractive in design.

A salad course is occasionally offered after the entree. The objective is to "cleanse the palate" in preparation for dessert. The salad served as a separate course should be light and refreshing. Fruit salads or lightly dressed greens are appropriate choices.

With the exception of separate course salads, which are always served, the presentation of salads may be either individually placed and served or self-service from a buffet line or salad bar. The choice of method will depend on the clientele's expectations and objectives of the foodservice.

ARRANGED SALADS

Arranged salads may be served to the patron either after they have been seated, on the table as for some banquets and catered functions, or à la carte from a cafeteria counter. Regardless of the serving method, the principles of placed salad construction are the same:

- Select plates or bowls that are appropriately sized and will add to the salad's attractiveness.
- Place salad green underliners on the dish. The curly edge should be at the back and top of the salad and should not extend over the edge of the plate. Tossed green salads may not include an underliner but are decorated with an attractive garnish.
- To gain height, place chopped lettuce on the underliner and under salad ingredients.
- Place the main salad ingredients neatly on the plate. They should be prepared and arranged attractively with careful consideration given to color and balance.
- Garnish appropriately to give accent in color and flavor.
- Keep salad chilled and sprinkle with dressing just before serving or pass dressings for individual service.

SALAD BARS

Salad bars have expanded the selection of items available and are very popular in many types of foodservices. For a salad bar to be successful, enough variety must be offered so patrons will enjoy creating their own salad. See Table 11.1 for components of a basic

TABLE 11.1 Basic salad bar components

Item	*Number of choices*	*Ideas for choices*
Greens	1 bowl	Combine 2–3 different greens. See p. 465 for types of greens.
Fresh vegetables	3–5 containers	Alfalfa sprouts, broccoli, cabbage (red or green), carrots, cauliflower, celery, cucumber, green onions, mushrooms, peppers (red, green, yellow), radishes, snow peas, tomatoes, zucchini
Toppings	2–3 containers	Bacon bits, garbanzo beans, croutons, pickles, olives, peanuts, raisins, sesame seeds, sunflower seeds
Gelatin	1–2 molds	Fruit or vegetable gelatin salads
Fruit, pasta, and vegetable salads	2–3 containers	Rice salads, potato salad, pasta salad, ambrosia, applesauce, other fruit or marinated vegetable salads
Protein	2–3 containers	Chopped hard-cooked eggs, egg salad, meat salad, cottage cheese, shredded cheese
Crackers and bread	1 basket	Variety crackers, warm breads
Dressings	3–4 containers	Blue cheese, buttermilk, French, Italian, oil and vinegar, Thousand Island

Notes
- More choices are appropriate if the salad bar or buffet serving area can accommodate the variety.
- Select salads that will retain quality during the serving period.

salad bar and Figure 11.1 for a suggested salad bar arrangement. Basic rules for salad bars are as follows:

- The salad bar should be equipped with a sneeze guard, and standards of good sanitation should be maintained. A clean plate should be used each time a patron visits the salad bar. Serving utensils should facilitate sanitary service.
- A salad bar should look well supplied throughout the serving period. This can be accomplished by selecting appropriate-size containers and resupplying them when one-half to two-thirds empty. Avoid arranging too few food items on plates that will look empty after only a few servings are taken.
- Spills, drips, and misplaced food items should be cleaned up regularly. Arranging food containers so spills are reduced is important, and items that could become unsightly should be placed where they will be easy to reach without spilling onto other food. Correct serving utensils will help eliminate untidiness.
- The selections should be varied and creative enough to appeal to many different people. The variety of items offered should be changed periodically when serving repeat customers.
- Potentially hazardous food should be kept at 41°F or below and temperatures monitored throughout the serving period.

SALAD INGREDIENTS AND THEIR PREPARATION AND STORAGE

Many salad ingredients may be purchased that have some or all of the preliminary preparation completed. Torn salad greens, prepared grapefruit sections, and diced or chopped vegetables are examples. In many foodservices, however, salad ingredients are prepared on the premises. Information about the

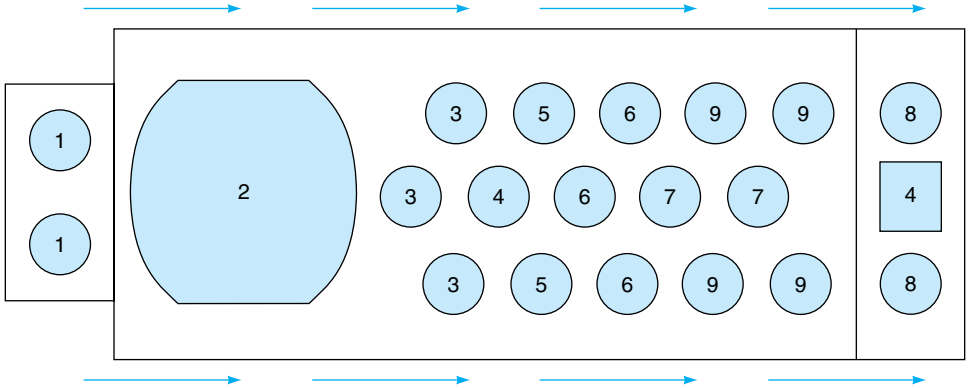

Figure 11.1 Suggested salad bar arrangement: (1) plates and bowls; (2) greens; (3) fresh vegetables; (4) toppings; (5) gelatins; (6) fruit, pasta, and vegetable salads; (7) protein salads; (8) crackers and breads; (9) dressings.

most commonly used salad ingredients and their preparation is provided in the following sections. Table 11.2, p. 471 provides storage temperatures for fresh produce.

Salad Greens

Many types of greens may be used for salads. The most common ones are described here and some are shown in Exhibit X in the color insert.

Arugula Narrow, bright-green leaves with a spicy, peppery taste. Small leaves are the mildest. Combines well with mild greens. Sometimes used as an underliner garnish.

Belgian or French Endive An upright, thin, elongated stock resembling a spear. Off-white or pale green color. Served typically as a small, separate course salad after a meal or as a decorative component of an arranged salad.

Bibb Lettuce Small cup-shaped lettuce with a deep rich green color that blends into whitish green near the core. Flavor is buttery and sweet, texture delicate and tender.

Boston Lettuce Soft, pliable leaf and delicate sweet flavor. Not as tender or sweet as Bibb lettuce. Deep green outside blending to light yellow near the core.

Cabbage *Green:* Pale green tough crisp leaves generally used in slaws. *Red:* Purple crisp leaves; may be used with other greens to add color. *Chinese:* Very light green, crinkly leaves with a delicate cabbage flavor. May be used sparingly in a tossed green salad.

Cress A hot peppery leaf that resembles radish leaves. Mix sparingly with mild greens.

Curly Endive A bunchy head with narrow, ragged-edge leaves. Mild center leaves, slightly bitter outer leaves. Used sparingly in combination salads. Primary use for underliners and garnishing.

Escarole A variety of endive with broad leaves that do not curl at the tips. Texture is coarse and slightly tough, flavor somewhat bitter. May be mixed sparingly with other greens or served alone.

Iceberg Lettuce (Head Lettuce) The most popular lettuce used in green salads. Firm, round heads ranging in color from bright to light green. Mild in flavor; combines well with other greens.

Kale A hardy dark green, curly leaf. Often used as a garnish for salad bars, or may be cooked.

Leaf Lettuce Most varieties have soft, fragile leaves with curly edges. Color varies by variety but may be all green or various shades of red. May be mixed with other greens in a combination salad or used as an underliner or garnish.

Mâche Spoon-shaped leaves, sweet, nutty flavor. Mix with other young tender greens, Belgian endive, or serve alone.

Radicchio Brilliant, ruby-colored leaves with a bitter peppery taste. Combine with mild tender greens, Belgian endive, or arugula.

Romaine or Cos Long, loaf-shaped head and long, narrow leaves. Tender, sweet and tasty. Coarse dark green outer leaves and golden yellow inner ones. Used in combination salads.

Spinach Curly, dark green, flat leaves, with a bold flavor. Very young tender leaves are often served fresh, more mature leaves cooked.

Watercress Dark green, glossy leaves with a spicy flavor. Used as a garnish or mixed with tender leaf greens.

Preparation

Greens should be clean, crisp, chilled, and well drained. It may be necessary to separate leaves for thorough washing. Wash in a spray of water or in a large container of tepid water. Repeat if necessary until all grit disappears. Shake off excess water, drain thoroughly, and refrigerate. Draining in a colander or

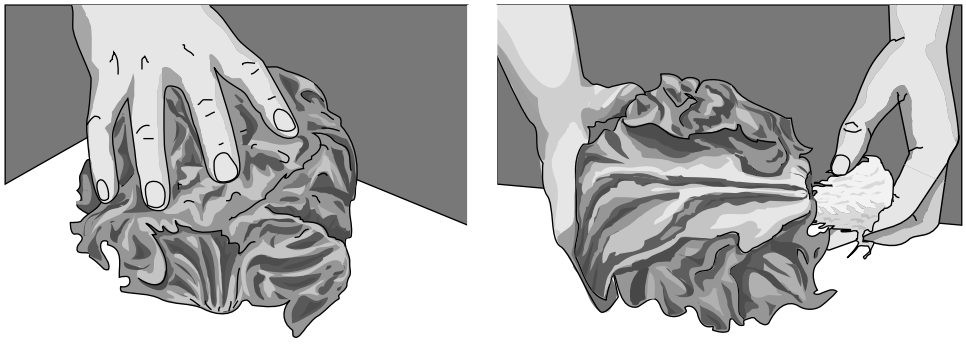

FIGURE 11.2 Coring head lettuce. (a) Hit stem end of lettuce sharply on flat surface. (b) Remove loosened core.

on a rack placed on a baking sheet will keep the greens from standing in water while chilling. Cover with a clean damp cloth or plastic to prevent dehydration.

When preparing head lettuce for garnish, remove stem end or core (Figure 11.2). Hold inverted head under cold, running water to loosen tightly wrapped leaves. Do not soak. Turn heads open-side down to drain. Separate the leaves and stack 6 to 7 leaves to a nest. Invert and pack in a covered container or plastic bag. Refrigerate 2 hours or more to complete crisping.

Leaf lettuce is convenient to use for salad liners. Wash lettuce thoroughly (Figure 11.3). Cut stem end and place in perforated pan to drain. Chill 2 to 3 hours for crisping.

Spinach should be carefully examined, removing veins and tough stems. Discard all dry, yellow, wilted, or decayed leaves. Wash first in tepid water, then in cold, as many times as necessary to remove sand.

Herbs

Herbs add aroma and a distinctive flavor to foods and may be used to enhance taste without added salt or fat. Several varieties of fresh herbs are available, as shown in Exhibit XI in the color insert. Most herbs can be purchased also as dried leaves, seeds, or ground. Descriptions of many herbs used in cooking follow. See Appendix B for use of herbs and spices in cooking.

Arugula Also known as rocket and roquette. A relative of the mustard family, it has a pungent, peppery taste and complements Mediterranean foods such as olives, garlic, and tomatoes. Add near the end of cooking.

Basil Adds clovelike aroma and aniselike flavor to poultry, tomato sauces, vegetables, and many Italian foods. Its versatility makes it blend well with garlic, lemon, fennel, marjoram, oregano, thyme, and curry. Common varieties include cinnamon, lemon, opal, and sweet.

Bay leaves Strong, distinctive, and aromatic flavor used to season poultry, soups, stews, stuffing, and tomato-based sauces. The long, dull green leaves (about ½ inch wide) are edible but not usually eaten and generally are removed before serving. Best if long simmered.

Chervil Delicate flavor of parsley and mild anise. Compatible with garlic and chives and used for flavoring egg dishes, fish, meats, salads, salad dressings, savory sauces, stews, vegetables, or as a chopped garnish. Similar to appearance in parsley. Essential for fines herbes. Add near the end of cooking.

Chives Mild onion or garlic flavor. Used to flavor any savory dish or as chopped and sprinkled as a garnish on a wide variety of seasoned vegetables. The lavender flowers can be used in salads.

Cilantro (coriander) Also known as Chinese or Mexican parsley. Has a bold sage-citrus flavor. Use sparingly to season chili, eggplant, guacamole, salsa, and tomatoes. Important herb in cooking Southwest fare and also in Indian, Chi-

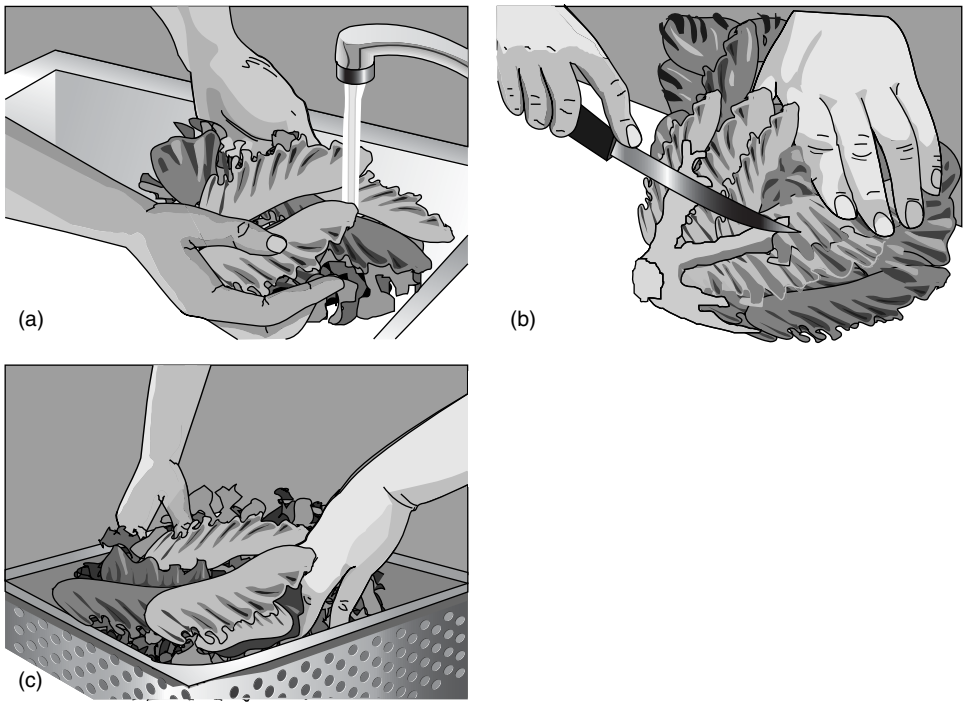

FIGURE 11.3 Preparing leaf lettuce. (a) Wash lettuce under cold running water. (b) Remove stem end by cutting with a sharp knife. (c) Place leaf end up in a perforated pan to drain. Chill 2 to 3 hours to crisp.

nese, and Thai cuisine. Blends well with chilies, curry spices, garlic, parsley, sour cream, and soy sauce. Coriander is the seed of the cilantro plant.

Dill A feathery-leaf herb with an anise-parsley-celery flavor. Used as a garnish and to flavor fish, salads, soups, and vegetables. Complements salmon and potato salad. Blends with caraway, celery seed, garlic, lemon, parsley, sherry, tarragon, and sour cream. Add near the end of cooking.

Fennel (anise) Mild licorice flavor. Leaves are often used to flavor fish dishes, lamb, pork, omelets, and salads, or chopped and sprinkled as a garnish. Stocks are used like celery in soups and stews.

Lemon grass Strawlike stalk with a lemony flavor. Used with fish, shellfish, chicken, and vinaigrette.

Marjoram Tastes similar to oregano, only sweeter and milder. A member of the mint family, it is often substituted for sage in dressing, and for oregano. Complements meats, especially lamb, as well as fish, salads, sauces, soups, stews, and vegetables.

Mint Sweet- and spicy-flavored aromatic herb. Used to garnish and flavor summer drinks, fruit platters, and frozen desserts. Fundamental ingredient in lamb dishes and used in Middle Eastern, Thai, and Vietnamese cuisine. Complements soft cheeses, green salads, and such vegetables as green beans, beats, carrots, and peas.

Oregano Bold, clovelike flavor similar to marjoram and thyme. Used to season Greek, Italian, Mexican, and Spanish dishes. Complements beans, meats, poultry, salad dressings, shellfish, tomato dishes, and vegetables.

Parsley Crisp with a strong flavor (stems stronger than leaves). Available in two varieties, curly and flat-leaf or Italian parsley. Curly parsley is used most often for garnishing, and adds a mild, sweet flavor to meats, sandwich fillings, soups, and vegetables. Blends well with garlic, lemon, mint, oregano, pepper, rosemary, sage, thyme, and cooking wines.

Rosemary Fragrant, spicy, and pinelike, it is used in beef, chicken, lamb, pork, and veal dishes. Enhances eggplant, cauliflower, peas, and potatoes. A potent herb generally not used in fresh salads. Cook at least 10 minutes to release maximum flavor.

Sage Assertive, slightly bitter, musty flavor. Common seasoning in dressing or stuffing. Complements cheese dishes, meat, and poultry. Use sparingly.

Savory Sharp, peppery, and clovelike, it typically is used on beans, in soups, and as a meat and poultry seasoning. Use sparingly.

Sorrel Sharp, sour, lemony flavor. Used as a salad green or vegetable but also in sauces and soups.

Tarragon Spicy and aromatic with a hint of anise and mint. Used in sauces and vinegar or to enhance egg dishes, fish, meats, poultry, shellfish, and vegetables. Often used in French cuisine. Use sparingly.

Thyme Aromatic, spicy, and clovelike herb used to season Creole and Cajun dishes. Seasoning for meat or poultry stuffing, eggplant, tomatoes, and peppers. Varieties include lemon, English, French, and common. Use sparingly.

Vegetables for Salads and Crudités

Whether vegetables are used raw or cooked, strive to preserve their shape, color, flavor, and crispness. Marinating in a well-seasoned dressing adds flavor to vegetables used in salads. Following are preparation instructions for fresh vegetables.

Artichokes Wash. Cut 1 inch off tops. Cut off stem and bottom leaves. Trim the outer leaves if necessary. With a melon ball cutter or spoon, remove and discard the fuzzy center core (choke). Dip in lemon juice immediately.

Asparagus Break or cut off tough end of stems. Thoroughly wash remaining portions. Lower scales may harbor sand; remove if necessary. Lower stalks may be peeled. Blanch asparagus by immersing in boiling water for 2 minutes. Remove quickly and dip in cold water. Drain.

Beans (any tender variety) Wash. Trim. Blanch beans by immersing in boiling water for 1½–2 minutes. Remove quickly and dip in cold water, then drain.

Broccoli Wash. If insects are present, soak in salt water for 15–20 minutes (1 oz salt per 1 gal water). Trim blemished outer leaves and stalks. Discard tough stalk end. Cut florets from flower end. Stem may need to be sliced or split.

Cabbage Remove outer leaves. Wash heads and cut into 4–6 pieces. Remove center core. Shred remaining portions as desired with a long sharp knife or shredder. Crisp in ice water 15–30 minutes, drain well.

Carrots Peel and remove blemishes. Cut into wedges, rounds, or strips. For *curls* cut long, paper-thin slices. Roll each strip around finger, fasten with pick, and chill in ice water for several hours.

Cauliflower Remove all leaves and cut away dark spots. Separate into florets, leaving 1-inch stem. If insects are present, soak in salt water (1 oz salt or ⅓ cup vinegar per gal of water).

Celery Separate outer stalks from the heart. (Outer stalks may be used for soup.) Wash, trim, and remove bruised and blemished parts and strings. To dice, cut lengthwise. Several stalks may be cut at one time. Place on board and cut crosswise with a French knife. For celery *curls* or fans, cut celery into 2½-inch lengths. Make lengthwise cuts ⅛ inch apart about 1 inch in length on one or both ends or celery strips. Place in ice water for about 2 hours before serving. For celery *rings,* cut celery into 2-inch lengths and then into pieces ⅛ inch thick. Place in ice water for several hours. Each strip of celery will form a ring.

Cucumbers Wash and peel, or score lengthwise with a fork. Crisp and let stand in salted ice water 15 minutes. Cut into slices, wedges, or spears (for spears, slice away seeds).

Fennel Wash and slice into thin wedges or long batons.

Garlic Separate cloves from bulb. Trim root end and peel cloves.

Jicama Peel and cut into strips, slices, cubes or batons.

Kohlrabi Peel. Cut into wedges or slice into very thin rounds.

Mushrooms Do not soak in water or scrub. Trim bottoms of stems. Rinse quickly in cold water just before serving. Adding a small amount of acid to the water will help keep mushrooms white. See Exhibit XII in the color insert for common types of mushrooms.

Onions Pour water over onions to cover. Under water, remove outer layer of the bulb, firm root end, and all bruised or decayed parts. See Exhibit XIII for common types of onions.

Peas (sugar snap, snow) Remove strings from edge of pod. Blanch by immersing in boiling water for 30 seconds or just until peas brighten. Remove quickly and dip in cool water. Drain.

Peppers (all colors) Wash. Remove seeds, membrane, and stems. Cut into desired shapes. To make *rings,* cut into thin crosswise slices. To make *sticks,* cut peppers lengthwise into narrow strips.

Potatoes Peel. Remove eyes and blemishes. Cut into cubes and cook; or wash, cook with skins on, peel, and dice.

Radishes Cut off root and stem end with a sharp knife. Wash. To make *accordions,* cut long radishes not quite through into 10–12 narrow slices. Place in ice water. Slices will fan out accordion style. To make *roses,* leave an inch or two of the green stem. Cut 4 or 5 petal-shaped slices around the radish from cut tip to center. Place radishes in ice water, and petals will open.

Tomatoes Wash, remove core, stem and flower end. If peeling, place in wire basket and dip in boiling water 10–20 seconds or until skins begin to loosen. Dip in ice water immediately and remove skins and core. Chill.

Turnips Peel. Cut small ones into wedges or thin rounds.

Fresh Fruits

Apples Wash, pare, core, remove bruises and spots. If the skins are tender and the desired color, do not pare.

To dice, cut into rings and dice with sectional cutter. Drop diced pieces into salad dressing, lemon, pineapple, or other acid fruit juice to prevent discoloration. If diced apple is placed in fruit juice, drain before using in a salad.

To section, cut into uniform pieces, with the widest part of the section not more than ½ inch thick. Remove core from each section. If the peeling has not been removed, score it in several places to facilitate cutting when it is served. Prevent discoloration by the same method as for diced apples, only do not use salad dressing.

Apricots Cut into halves or sections and remove seed. Remove skins if desired.

Avocados If hard, ripen at room temperature. Peel shortly before serving, cut into halves or quarters, and remove seed. Slice, dice, or cut into balls. Dip into French dressing or lemon juice to prevent discoloration.

Bananas Remove skins and bruised or discolored parts. Cut into strips, sections, wedges, or slices. Dip each piece into pineapple juice, other acid fruit juice, or salad dressings to prevent discoloration.

Cantaloupes and Other Melons Pare, dice, and cut into balls, or cut into uniform wedges or strips (Exhibit XIV in the color insert).

Cherries and Grapes Wash, drain, halve, and remove seeds. To frost, brush with slightly beaten egg white. Sprinkle with sugar. Let dry before using.

Grapefruit For sections, select large grapefruit, wash and dry. Cut off a thick layer of skin from the top and bottom. Place grapefruit on cutting board, start at the top, and cut toward the board (Figure 11.4). Always cut with a downward stroke and deeply enough to remove all the white membrane. Turn grapefruit while cutting. When paring is completed and pulp is exposed, remove sections by cutting along the membrane of one section to the center of the fruit.

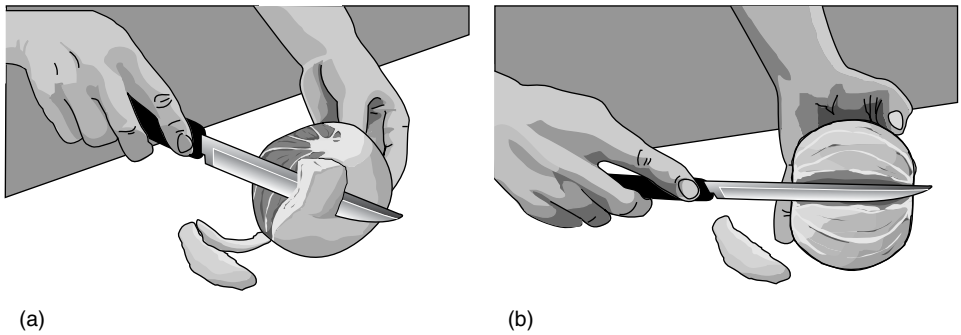

FIGURE 11.4 Peeling and sectioning grapefruit: (a) Cut layer of peel from top and bottom of grapefruit. Using a sharp knife, remove peel. Cut with a downward stroke and deeply enough to remove all the white membrane. (b) Section grapefruit by cutting along membrane of one section to the center of the fruit. Turn the knife and force the blade along the membrane of the next section.

Kiwi Remove fuzzy skin with a very sharp paring knife. Slice, chop, dice, or cut into wedges.

Mango Cut in half and remove the seed carefully. Scoop the flesh out of the shell. For chunks, peel back the skin from each mango half and cut as desired.

Melons Melons may be peeled or served with the peel on. Remove seeds from the center of the melon using a spoon. Remove watermelon seeds with a sharp tipped knife or fork.

Oranges Peel, section as grapefruit, or slice or dice (Figure 11.4).

Papaya Cut papaya in half lengthwise, remove the seeds and scoop out of shell. For rings, slice the papaya into circles and neatly cut out seeds at the center of each ring (Exhibit XV).

Peaches Remove skins only a short time before using. Peel or submerge in boiling water for a few seconds and remove skins. Chill. Cut into halves, wedges, or slice. Drop into acid fruit juice to prevent discoloration.

Pears Peel and remove core and seeds a short time before serving. Cut into halves, wedges, or slices. Dipping in lemon juice or other acid fruit juice will prevent oxidation and discoloration.

Pineapple Remove crown by holding pineapple in one hand and crown in the other, then twisting in opposite directions (Figure 11.5). Trim top of pineapple and cut off base. Using a sharp knife, remove peel by using a downward cutting motion. Remove eyes by making narrow wedge-shaped grooves into the pineapple. Cut diagonally around the fruit, following the pattern of the eyes. Cut away as little of the fruit as possible. Cut pineapple vertically into eighths, then cut hard center core from each spear. To make pineapple chunks, cut each spear into pieces of the desired size.

Pomegranates Cut open and remove seeds. Discard peeling and white membrane.

Star Fruit (Carambola) Wash and slice. Use for garnish.

Canned Fruit

Select whole pieces uniform in size and shape and with a firm appearance. Drain. If cubes or sections are desired, cut into pieces uniform in size and shape with well-defined edges. Pieces should not be too small.

Other Foods

Almonds, Blanched To blanch almonds, cover with boiling water and let stand until skins will slip. Drain. Cover with cold water and rub off skins. Place skinned almonds between dry clean towels to remove water.

Almonds, Toasted Spread blanched almonds in a shallow pan in a thin layer. Heat in oven at 250°F, stirring occasionally until nuts are light brown in color.

Cheese Grate, shred, or cut in tiny cubes; or soften and put through a pastry tube.

Chicken or Turkey Cook, remove skin, gristle, and bone. Cut into ⅓-inch cubes. Marinate if desired. Mix with dressing and other ingredients just before serving.

Eggs Hard-cook (p. 271). Use whole, halved, sliced, or sectioned. Slice or mince whites. Force yolks through ricer.

Fish Cook, remove skin and bones. Flake. Marinate if desired. Mix with dressing just before serving. See p. 291 for preparation of crab, lobster, and shrimp.

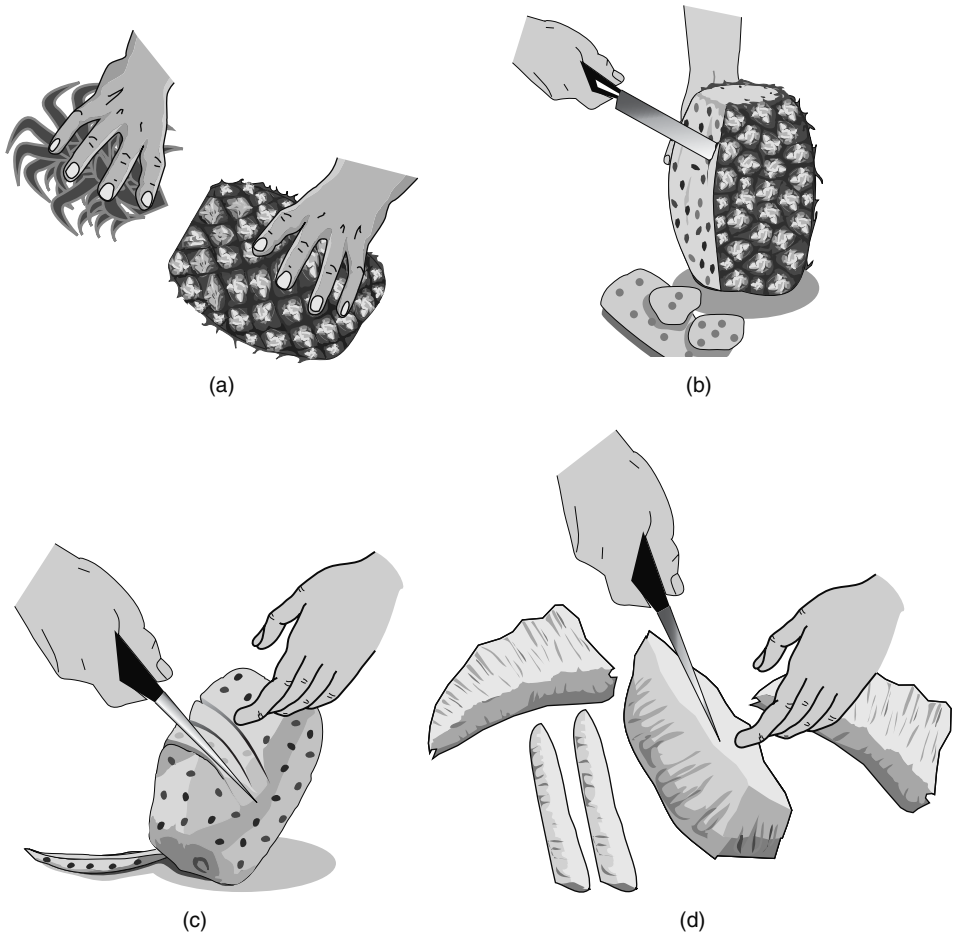

FIGURE 11.5 Preparing fresh pineapple: (a) Remove crown by holding pineapple in one hand and crown in the other, then twisting in opposite directions. (b) Trim top of pineapple and cut off base. Using a sharp knife, remove peel by using a downward cutting motion. (c) Remove eyes by making narrow wedge-shaped grooves into the pineapple. Cut diagonally around the fruit, following the pattern of the eyes. Cut away as little of the fruit as possible. (d) Cut pineapple vertically into eighths, then cut the hard center core from each spear. To make pineapple chunks, cut each spear into pieces of the desired size.

Flowers Edible flowers are commonly used for garnish. See Appendix A and Appendix B for color information.

Meat Cut cooked meat into ⅓-inch cubes. Marinate with French or Italian dressing. Mix just before serving.

Nuts Heat in hot oven to freshen if desired. Use whole, shredded, or chopped.

SALAD DRESSINGS

A salad dressing's function is to "dress" or accent the salad; it should not mask the flavor of the other ingredients. Care should be taken to choose an appropriate dressing to match the salad.

The basic ingredients of a salad dressing are oil combined with vinegar or another acid liquid such as lemon juice. Cooking oils such as canola, corn, safflower, soybean, and sesame seed are often used for salad dressing. Other oils that are commonly used include avocado, nut, olive, and oils infused with herbs, peppers, or other seasonings. Variation in the vinegar will change the salad dressing flavor. Types of vinegars that may be used for making salad dressings include:

Balsamic A sweet tart vinegar with a dark color and intense flavor, imported from Modena, Italy.

Cider Caramel colored and made from apples.

Distilled A strong clear vinegar made from grains.

Flavored Wine, distilled, or cider vinegar that has been flavored with herbs such as basil, tarragon, thyme, rosemary, dill (sometines called herb vinegar), or fruits.

Fruit White wine or cider vinegar with added fruit such as blueberries, cranberries, limes, raspberries, or strawberries.

Herb Wine or cider vinegar that has been flavored with herbs such as basil, tarragon, thyme, rosemary, or dill.

Malt Caramel-colored vinegar made from malted barley.

Rice Rice vinegar usually made from rice wine.

Wine A mild vinegar made from red or white wine.

Added to the basic ingredients are emulsifiers or binding agents. Temporary emulsifiers may be herbs, spices, sugar, and salt. More permanent emulsifiers include egg yolk, as in mayonnaise, or a starch paste and egg mixture, as in a cooked dressing.

Salad dressings should be stored in glass, plastic, or stainless steel containers with tight-fitting lids at 41°F.

TABLE 11.2 Storage temperatures for fresh produce

Food	*Storage temp. °F*	*Misc. information*
Apples	32–36	Keep dry and away from airflow. Ethylene producing and ethylene sensitive.
Apricots	32–36	Ethylene producing and ethylene sensitive.
Artichokes	32–36	Excess moisture may cause mold.
Asparagus	32–36	Stand upright in cold water. Ethylene sensitive
Avocado		
ripe	45–50	
for ripening	65–70	Ripe avocados should be firm. Ethylene producing and ethylene sensitive.
Bananas	60–65	Do not refrigerate. Ethylene producing and ethylene sensitive.
Beets	32–36	
Belgian Endive	32–36	Do not expose to light.
Blueberries	32–36	Wash just before preparation.
Bok Choy	32–36	Ethylene sensitive.
Broccoli	32–36	Store only 4–5 days. Ethylene sensitive.
Brussels Sprouts	32–36	Ethylene sensitive.
Cabbage	32–36	Store with wrapper leaves intact. Ethylene sensitive.
Cantaloupe	32–36	Ripen at room temperature. Keep out of airflow. Ethylene producing and ethylene sensitive.
Carrots	32–36	Store dry. Ethylene sensitive.
Cauliflower	32–36	Ethylene sensitive.
Celery	32–36	Keep dampened. Ethylene sensitive.
Cherries	32–36	
Chinese Pea Pods	32–36	
Corn	32–36	Keep storage time short.
Cucumbers	45–50	Ethylene sensitive.
Eggplant	45–50	Ethylene sensitive.
Endive-Escarole	32–36	
Garlic	32–36	
Ginger Root	60–65	
Grapefruit	45–50	
Grapes	32–36	Rinse under cold water just before serving. Ethylene sensitive.
Green Beans	45–50	Ethylene sensitive.
Guavas	45–50	Ethylene producing and ethylene sensitive.
Herbs		
Basil	50–55	Ethylene sensitive.
Oregano	48–50	Ethylene sensitive.
Others	38–42	Ethylene sensitive.
Kale	32–36	
Kiwifruit	32–36	Ethylene producing and ethylene sensitive.
Lemons	40–45	
Leeks	32–36	Ethylene sensitive.
Lettuce	32–36	Ethylene sensitive.
Limes	45–50	
Mangos	60–65	Ethylene producing and ethylene sensitive. Ripen at room temperature.
Melons		
Casaba, Persian, Crenshaw, Honeydew, others	60–65	Ethylene producing and ethylene sensitive.

continues

TABLE 11.2 *continued*

Food	*Storage temp. °F*	*Misc. information*
Mushrooms	32–36	
Nappa Cabbage	32–36	Ethylene sensitive.
Nectarines	32–36	Ethylene producing and ethylene sensitive.
Onions		
green	32–36	Ethylene sensitive.
dry	60–65	Store dry with good air circulation.
Oranges	45–50	
Papaya	55–60	Ripen at room temperature. Ethylene producing and ethylene sensitive.
Parsley	32–36	Ethylene sensitive.
Parsnips/Rutabagas/ Turnips	32–36	Ethylene sensitive.
Peaches/Pears/Plums	32–36	Ripen at room temperature. Ethylene producing and ethylene sensitive. Keep out of airflow.
Peas	32–36	Ethylene sensitive.
Peppers, all	45–50	Ethylene sensitive
Pineapple	45–50	
Potatoes	60–65	Ethylene sensitive.
Radishes	32–36	Ethylene sensitive.
Raspberries/Blackberries	32–36	Very fragile, rinse just before serving.
Romaine	32–36	Ethylene sensitive.
Spinach	32–36	Ethylene sensitive.
Sprouts	32–36	Store in original container. Rinse just before using. Ethylene sensitive.
Strawberries	32–36	Very perishable. Rinse just before serving.
Squash		
hard shell	60–65	Ethylene sensitive.
summer	40–45	Ethylene sensitive.
Sweet Potatoes	60–65	
Tangerines	45–50	
Tomatoes	60–65	Ethylene producing and ethylene sensitive. Keep out of airflow. Will lose flavor when refrigerated.
Watermelon	45–50	Ethylene sensitive.

Note

- Ethylene is a natural gas that promotes ripening of fruits and vegetables. Storing ethylene-sensitive products close to an ethylene-producing product may accelerate deterioration.

VEGETABLE AND PASTA SALAD RECIPES

BASIC MIXED GREEN SALAD

Yield: 50 portions or 10 lb *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Head lettuce (iceberg)	7 lb	Cut or tear lettuce and other greens into bite-size pieces. (Use sharp steel-bladed knife if greens are cut.)
Leaf lettuce, Bibb or romaine	3 lb	
French dressing, oil and vinegar, or Italian dressing	1¼ qt	Just before serving, toss lightly with dressing, or portion greens into individual salad bowls, 3 oz per bowl, and serve with choice of dressings.

Approximate nutritive values per portion **Calories** 125

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	**20%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 3 g	**1%**	**Vitamin A**	**7%**	**Calcium**	**3%**
Sat. Fat 2 g	**12%**	**Sodium** 8 mg	**1%**	Fiber 1 g	**4%**	**Vitamin C**	**12%**	**Iron**	**3%**
Protein 1 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Any combination of salad greens may be used. For contrast, mix dark greens with light, crisp with tender, and smooth leaves with curly. With pale iceberg lettuce, use dark green spinach, romaine, curly endive, or red-tipped leaf lettuce. See p. 465 for major types of salad greens.
- If serving on a salad bar, place greens in a large bowl and offer choice of dressing and garnishes (see p. 464).

Variations

- **Hawaiian Tossed Salad.** To 7 lb mixed greens, add sections from 8 grapefruit, 8 oranges, 4 avocados, and 1 fresh pineapple, cubed. Serve with Honey French Dressing (p. 522).
- **Salad Greens with Grapefruit.** Place 3 oz greens in each bowl. Garnish each with 3 sections of pink grapefruit. Serve with Poppy Seed Dressing (p. 527) or French Dressing (p. 520–521).
- **Spinach Mushroom Salad.** Use 10 lb fresh spinach (may be part lettuce), 4 lb fresh mushrooms, sliced, and 2 bunches green onions, sliced. Toss lightly with French Dressing (p. 520–521) just before serving. Sprinkle with cooked crumbled bacon if desired.
- **Spinach Salad.** Use 4 lb lettuce and 6 lb fresh spinach, 2 bunches green onions, sliced, and 12 eggs, hard-cooked and sliced. To serve, toss lightly with French Dressing (p. 520–521) or Dijon Mustard Vinaigrette Dressing (p. 524) and portion into bowls. Sprinkle with bacon (1 lb) that has been diced, cooked until crisp, and drained.

TOSSED VEGETABLE SALAD

Yield: 50 portions or 10 lb *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Salad greens (see Notes)	7 lb	Wash greens thoroughly and drain. Tear into bite-size pieces.
Salad ingredients (see Notes)	3 lb	Add salad ingredients to greens. Toss lightly. Portion into individual salad bowls or plates, 3 oz per portion.
Garnish (see Notes)	As needed	Garnish salads if desired.
Salad dressing (see Notes)	1¼ qt	Serve with choice of dressings. If preferred, French, Italian, or oil-and-vinegar dressing may be added to the salad just before serving.

Notes

- **Salad Greens.** Select one or more: iceberg, leaf, Bibb, Boston, or romaine lettuce, endive, spinach, escarole, celery cabbage, watercress. See Exhibit X for kinds of lettuce and p. 465 for types of salad greens.
- **Salad Ingredients.** Select one or more: diagonally sliced asparagus, sliced Jerusalem artichokes, artichoke hearts, sliced avocado, bean sprouts, garbanzo beans, broccoli florets or sliced broccoli stems, chopped or shredded red cabbage, shredded or thinly sliced carrots, sliced cauliflower florets, sliced or diced celery, sliced or diced cucumbers, sliced green onions or scallions, diced green peppers, sliced fresh mushrooms, cooked green peas, sliced radishes, halved cherry tomatoes, fresh tomato wedges, sliced water chestnuts, sliced zucchini.
- **Garnishes.** Alfalfa sprouts, crumbled crisp-cooked bacon, crumbled blue cheese, shredded cheddar cheese, cheese strips or cubes, seasoned croutons, sliced or quartered hard-cooked eggs, sliced olives, onion rings (fresh or French fried), parsley sprig, green pepper rings or strips, sunflower seeds, cherry tomatoes, tomato wedges, toasted wheat germ.
- **Salad Dressings.** French, Italian, Oil and Vinegar, Roquefort, Thousand Island, Buttermilk, Horseradish Cream, Green Peppercorn Cream, Sour Cream Basil.

TENDER GREENS AND FRUIT SALAD

Yield: 50 portions *Portion:* 3 oz greens + 1 oz fruit

Ingredient	*Amount*	*Procedure*
Tender greens (see Notes)	10 lb	Toss greens with fruit. Sprinkle garnish on top.
Fruit (see Notes)	4 lb	Serve with dressing to the side.
Garnish (see Notes)	1 lb–1 lb 8 oz	
Salad dressing (see Notes)	1¾ qt	

Approximate nutritive values per portion **Calories** 276

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 20 g	**31%**	**Cholest.** 10 mg	**3%**	**Total Carb.** 22 g	**7%**	**Vitamin A**	**28%**	**Calcium**	**11%**
Sat. Fat 7 g	**33%**	**Sodium** 413 mg	**17%**	Fiber 3 g	**10%**	**Vitamin C**	**44%**	**Iron**	**7%**
Protein 5 g				Sugars 17 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- **Greens:** Bibb lettuce, heart of romaine, tiny spinach leaves.
- **Fruit:** Blueberries, strawberries, raspberries, fresh pineapple, apples.
- **Garnish:** Blue cheese, feta cheese, walnuts, pecans.
- **Dressing:** Sweet Sesame Vinaigrette (p. 525), Golden Fruit Dressing (p. 527).

CARRIFRUIT SALAD

Yield: 50 portions or 4½ qt *Portion:* ⅓ cup (3 oz)

Ingredient	*Amount*	*Procedure*
Carrots, shredded	4 lb 8 oz	Combine ingredients. Mix lightly.
Pineapple tidbits, drained	2 lb 12 oz	
Flaked coconut	8 oz	
Marshmallows, miniature	9 oz	
Mayonnaise	2¼ cups	Mix mayonnaise and cream.
Light cream (half-and-half)	¾ cup	Add to salad ingredients. Mix carefully.
		Serve with No. 12 dipper.

Approximate nutritive values per portion **Calories** 143

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**15%**	**Cholest.** 7 mg	**2%**	**Total Carb.** 14 g	**5%**	**Vitamin A**	**116%**	**Calcium**	**2%**
Sat. Fat 3 g	**14%**	**Sodium** 75 mg	**3%**	Fiber 1 g	**6%**	**Vitamin C**	**9%**	**Iron**	**3%**
Protein 1 g				Sugars 11 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 8 oz raisins may be added.
- Best when served the same day it is prepared.

CARROT RAISIN SALAD

Yield: 50 portions or 4¼ qt *Portion:* ⅓ cup (2½ oz)

Ingredient	*Amount*	*Procedure*
Raisins	8 oz	Soften raisins in steamer or simmer in a small amount of water for about 3 minutes.
Carrots, raw	7 lb (AP)	Peel carrots. Shred or grind coarsely. Combine with raisins.
Mayonnaise	2 cups	Mix mayonnaise, salad dressing, and salt.
Salad dressing	2 cups	Add to carrot-raisin mixture. Mix lightly.
Salt	1 Tbsp	Serve with No. 12 dipper.

Approximate nutritive values per portion **Calories** 141

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**16%**	**Cholest.** 8 mg	**3%**	**Total Carb.** 13 g	**4%**	**Vitamin A**	**179%**	**Calcium**	**2%**
Sat. Fat 1 g	**7%**	**Sodium** 267 mg	**11%**	Fiber 2 g	**7%**	**Vitamin C**	**10%**	**Iron**	**2%**
Protein 1 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Carrot-Apple-Celery Salad.** Substitute 3 lb diced apples for 2 lb carrots.
- **Carrot-Celery-Cucumber Salad.** Use 4 lb 8 oz shredded carrots, 1 lb 8 oz chopped celery, and 1 lb 8 oz chopped cucumber.
- **Carrot-Celery Salad.** Omit raisins. Use 5 lb ground carrots. Add 2 lb chopped celery and 2 oz sugar.
- **Carrot-Coconut Salad.** Substitute 1 lb toasted coconut for raisins.

TRIPLE BEAN SALAD

Yield: 50 portions or 6 qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Green beans, French style or cut, canned	3 lb 8 oz (1 No.10 can)	Drain green and wax beans thoroughly.
Wax beans, cut, canned	2 lb 8 oz	
Kidney beans, canned	3 lb	Rinse kidney beans. Drain.
Onion, thinly sliced	1 lb 8 oz	Add onion, green pepper, and seasonings to beans. Cover. Marinate overnight in the refrigerator.
Green pepper, diced	6 oz	
Vinegar, cider	3 cups	
Sugar, granulated	1 lb 8 oz	
Salt	1 Tbsp	
Pepper, black	1 Tbsp	
Celery seed	1 Tbsp	
Salad oil	1 cup	Just before serving, drain vegetables well. Add oil and toss lightly. Serve with No. 12 dipper.

Approximate nutritive values per portion **Calories** 168

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**7%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**1%**	**Calcium**	**4%**
Sat. Fat 1 g	**6%**	**Sodium** 277 mg	**12%**	Fiber 5 g	**18%**	**Vitamin C**	**10%**	**Iron**	**6%**
Protein 4 g				Sugars 15 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Cauliflower Bean Salad.** Delete kidney beans and add 3 lb cauliflower florets, slightly cooked.
- **Oriental Bean Salad.** Delete kidney beans. Add 1 lb 8 oz cooked red beans, drained and rinsed, and 1 lb 8 oz bean sprouts.

BROWN BEAN SALAD

Yield: 50 portions or 6 qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Eggs, hard-cooked (p. 271)	12	Peel and dice eggs.
Brown or kidney beans	1½ No. 10 cans	Rinse beans with cold water. Drain.
Celery, diced	12 oz	Combine with beans. Add eggs.
Green pepper, chopped	3 oz	
Onion, minced	3 oz	
Pickle relish	10 oz	
Salad dressing or mayonnaise	3 cups	Combine and add to bean mixture. Mix lightly.
Salt	2 Tbsp	
Vinegar, cider	¾ cup	

Approximate nutritive values per portion **Calories** 197

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**19%**	**Cholest.** 59 mg	**20%**	**Total Carb.** 17 g	**6%**	**Vitamin A**	**3%**	**Calcium**	**3%**
Sat. Fat 2 g	**10%**	**Sodium** 665 mg	**28%**	Fiber 4 g	**17%**	**Vitamin C**	**7%**	**Iron**	**10%**
Protein 7 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- 4 lb dried beans, cooked according to directions on p. 632, may be substituted for canned beans.
- Great Northern or pinto beans may be substituted for half of the kidney beans.

GARBANZO BEAN SALAD

Yield: 50 portions or 4½ qt *Portion:* ⅓ cup (3 oz)

Ingredient	*Amount*	*Procedure*
Garbanzo beans, canned	2 lb 8 oz	Rinse beans with cold water. Drain.
Red beans, canned	1 lb 8 oz	
Pinto beans, canned	2 lb	
Celery, sliced	1 lb	Combine with beans.
Cucumbers, peeled and sliced	12 oz	
Green onions, sliced	5 oz	
Radishes, sliced	8 oz	
Black olives, sliced	4 oz	
French Dressing (p. 520–521)	1 cup	Pour dressing over bean mixture. Toss lightly. Marinate for 2 hours.

Approximate nutritive values per portion **Calories** 80

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	**6%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 10 g	**3%**	**Vitamin A**	**1%**	**Calcium**	**2%**
Sat. Fat 1 g	**4%**	**Sodium** 260 mg	**11%**	Fiber 2 g	**8%**	**Vitamin C**	**7%**	**Iron**	**7%**
Protein 3 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Cooked Great Northern beans may be substituted for garbanzo beans.
- Vegetable Marinade (p. 594) may be substituted for French Dressing.

Variation

- **Garbanzo Pasta Salad.** Delete pinto beans. Cook 8 oz shell macaroni to the *al dente* stage. Combine with other ingredients.

COLESLAW

Yield: 50 portions or 4½ qt *Portion:* ⅓ cup (2½ oz)

Ingredient	*Amount*	*Procedure*
Cabbage	7 lb EP (9 lb AP)	Shred or chop cabbage.
Vinegar, cider	3 cups	Combine vinegar, sugar, and seasonings.
Sugar, granulated	1 lb 8 oz	Add to cabbage. Mix lightly.
Salt	1 oz (1½ Tbsp)	
Celery seed	1 Tbsp	

Approximate nutritive values per portion **Calories** 68

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 18 g	6%	**Vitamin A**	0%	**Calcium**	3%
Sat. Fat 0 g	0%	**Sodium** 204 mg	8%	Fiber 1 g	4%	**Vitamin C**	50%	**Iron**	2%
Protein 1 g				Sugars 15 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Red cabbage may be substituted for part or all of green cabbage.

Variations

- **Cauliflower Broccoli Salad.** Substitute 3 lb 8 oz EP each of cauliflower and broccoli florets for the cabbage. Add 3 oz chopped onion. Serve soon after preparing.
- **Green Pepper Slaw.** Add 4 oz chopped green pepper, 2 oz chopped onion, and 4 Tbsp celery seed.
- **Oriental Coleslaw.** Substitute ⅓ recipe Sesame Seed Dressing (p. 521) for dressing given in recipe.

CREAMY COLESLAW

Yield: 50 portions or 4¼ qt *Portion:* ⅓ cup (2½ oz)

Ingredient	*Amount*	*Procedure*
Cabbage	7 lb EP (9 lb AP)	Shred or chop cabbage.
Mayonnaise or salad dressing	2 cups	Combine and add to cabbage. Mix lightly. Serve with No. 12 dipper.
Light cream, half-and-half	2 cups	
Vinegar, cider	½ cup	
Sugar, granulated	4 oz	
Salt	1 oz (1½ Tbsp)	
Pepper, white	½ tsp	

Approximate nutritive values per portion **Calories** 100

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	13%	**Cholest.** 9 mg	3%	**Total Carb.** 7 g	2%	**Vitamin A**	2%	**Calcium**	4%
Sat. Fat 2 g	9%	**Sodium** 258 mg	11%	Fiber 1 g	4%	**Vitamin C**	50%	**Iron**	2%
Protein 1 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.

Variations

- **Apple Cabbage Salad.** See p. 493.
- **Cabbage Carrot Slaw.** Reduce cabbage to 5 lb. Add 1 lb shredded or chopped carrots, 8 oz chopped green pepper, and 4 oz chopped onion.
- **Cabbage-Pineapple-Marshmallow Salad.** To 4 lb shredded or chopped cabbage, add 2 lb pineapple tidbits, drained, 1 lb miniature marshmallows, and a dressing made of 2 cups mayonnaise or salad dressing and 2 cups cream, whipped.
- **Creamy Cauliflower-Broccoli Salad.** Substitute 3 lb 8 oz EP each of cauliflower and broccoli for the cabbage. Add 3 oz chopped green onion. Garnish with cherry tomatoes.

SLICED CUCUMBER AND ONION IN SOUR CREAM

Yield: 50 portions or 4¼ qt *Portion:* ⅓ cup (2½ oz)

Ingredient	*Amount*	*Procedure*
Cucumbers	5 lb	Cut cucumbers and onions in thin slices.
Onions	8 oz	
Sour cream	3 cups	Blend rest of ingredients to form a thin cream dressing.
Mayonnaise	3 cups	Pour over cucumbers and onions. Mix lightly.
Salt	1½ tsp	
Sugar, granulated	3 Tbsp	
Vinegar, cider	¾ cup	

Approximate nutritive values per portion **Calories** 135

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	**21%**	**Cholest.** 14 mg	**5%**	**Total Carb.** 4 g	**1%**	**Vitamin A**	**5%**	**Calcium**	**2%**
Sat. Fat 3 g	**17%**	**Sodium** 148 mg	**6%**	Fiber 0 g	**0%**	**Vitamin C**	**4%**	**Iron**	**1%**
Protein 1 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- This cream dressing may be used as a dressing for lettuce.

Variation

- **German Cucumbers.** Reduce onions to 4 oz. Delete cream dressing. Pour mixture of 1 cup vinegar, ½ cup water, 1 Tbsp salt, and 8 oz sugar over cucumbers and onions. Marinate at least 1 hour.

MARINATED MUSHROOMS

Yield: 50 portions *Portion:* 2¾ oz

Ingredient	*Amount*	*Procedure*
Mushrooms, fresh, small	6 lb	Clean mushrooms and trim ends. Leave whole.
Water Lemon juice	1 qt ½ cup	Combine water and lemon juice. Bring to a boil. Add mushrooms and blanch for 1–3 minutes. Drain and immerse in cold water. Drain.
Vegetable Marinade (p. •••)	1½ qt	Pour marinade over mushrooms. Refrigerate for 2–3 hours. Drain off most of the marinade before serving.

Approximate nutritive values per portion **Calories** 37

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	4%	**Cholest.** 0 mg	0%	**Total Carb.** 3 g	1%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 1 g	3%	**Sodium** 110 mg	5%	Fiber 1 g	3%	**Vitamin C**	6%	**Iron**	4%
Protein 1 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Before serving, mushrooms may be tossed with fresh minced parsley or other fresh herb.

Variations

- **Marinated Asparagus.** Blanch fresh asparagus spears (see above). Marinate. To serve, drain and arrange 3–5 spears on plate with Bibb lettuce liner. Garnish with lemon twist or pimiento strip.
- **Marinated Green Beans.** Cover whole green beans with marinade. If fresh green beans are used, cook until tender-crisp.
- **Vegetable Collage.** Pour 3 cups Italian Dressing (p. 521) or Vegetable Marinade (p. 594) over: 2 lb broccoli florets, 2 lb cauliflower florets, 12 oz sliced celery, 1 lb 8 oz cherry tomatoes cut in half, 2 lb sliced zucchini, 1 lb sliced green onions, 6 oz sliced carrots, and 1 lb 8 oz sliced black olives. Marinate in refrigerator for 4 hours, but if salad is to be held longer than 4 hours, add broccoli shortly before serving. Add 1 lb cooked crumbled bacon and toss.

TOMATO BASIL SALAD

Yield: 50 portions *Portion:* ½ cup

Ingredient	*Amount*	*Procedure*
Tomatoes	15 lb (AP)	Peel and seed tomatoes (see Notes). Cut tomatoes into bite-size pieces. Put in bakers bowl.
Basil leaves, fresh	1 oz	Cut or tear basil into small pieces. Gently stir into tomatoes.
Red wine vinegar Sugar, granulated Salt Pepper, cracked black	1½ cups 1½ cups 2 tsp ½ tsp	Mix vinegar, sugar, and spices. Pour over tomatoes. Let stand 30 minutes.
		Serve tomatoes in a bowl with some of the vinegar dressing. Garnish with fresh basil leaves.

Approximate nutritive values per portion **Calories** 50

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0.4 g	1%	**Cholest.** 0 mg	0%	**Total Carb.** 12 g	4%	**Vitamin A**	8%	**Calcium**	1%
Sat. Fat 0 g	0%	**Sodium** 104 mg	4%	Fiber 1.4 g	6%	**Vitamin C**	40%	**Iron**	3%
Protein 1 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Use very ripe, bright red tomatoes.
- Procedure for seeding tomatoes: Cut the tomato in half horizontally. Gently squeeze each half of the tomato to push out the seeds.

Variation

- **Tomato Basil and Romaine Salad.** Cut or tear 10 lb romaine lettuce into bite-size pieces. Portion 3 oz lettuce onto individual salad plates. Using a No. 12 dipper, portion tomatoes on top of greens (being careful to not use too much vinegar dressing). Sprinkle 1 tsp freshly grated Parmesan cheese on top of each salad. Drizzle a small amount of the vinegar on top, if desired. Garnish with whole basil leaves. May substitute slices of fresh mozzarella cheese for the Parmesan cheese.

MARINATED TOMATOES

Yield: 50 portions *Portion:* 2 slices

Ingredient	*Amount*	*Procedure*
Tomatoes, fresh, peeled	6 lb	Cut peeled tomatoes into ½-inch slices. Place in bottom of 12 × 20 × 2-inch pan.
Onion, chopped	¾ cup	Combine. Pour over tomato slices.
Garlic, minced	3 cloves	Cover tightly. Refrigerate if storing for later use.
Parsley, chopped	⅓ cup	
Basil, crumbled, dried	1 Tbsp	
Sugar, granulated	1 Tbsp	
Salt	2 tsp	
Pepper, black	1½ tsp	
Olive oil	2 cups	
Vinegar, red wine or balsamic	1½ cups	

Approximate nutritive values per portion **Calories** 99

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	13%	**Cholest.** 0 mg	0%	**Total Carb.** 4 g	1%	**Vitamin A**	5%	**Calcium**	1%
Sat. Fat 1 g	6%	**Sodium** 203 mg	8%	Fiber 1 g	2%	**Vitamin C**	9%	**Iron**	2%
Protein 1 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- ⅓ cup fresh basil may be substituted for dried.
- Salad oil may be substituted for olive oil.
- Refrigerator storage causes tomatoes to lose some flavor.

Variation

- **Fresh Tomato Relish.** Cut peeled tomatoes in half and gently squeeze out most of the seeds. Chop coarsely and stir into the marinade.

FRESH SLICED TOMATOES AND CUCUMBERS

Yield: 50 portions *Portion:* 2 tomatoes and 2 cucumber slices

Ingredient	*Amount*	*Procedure*
Tomatoes	8 lb	Slice tomatoes and cucumbers ¼ inch thick.
Cucumbers	5 lb	Alternate tomatoes and cucumbers, slightly overlapping, on a serving platter.
Basil, fresh, chopped	½ cup	Sprinkle basil and parsley over tomatoes and cucumbers.
Parsley, fresh, chopped	½ cup	
Italian salad dressing	2½ cups	Drizzle evenly over tomatoes and cucumbers.
Basil, fresh, whole leaves	for garnish	Garnish with fresh basil leaves and serve immediately.

Approximate nutritive values per portion **Calories** 79

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**9%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 5 g	**2%**	**Vitamin A**	**8%**	**Calcium**	**2%**
Sat. Fat1 g	**4%**	**Sodium** 249 mg	**10%**	Fiber 1 g	**3%**	**Vitamin C**	13%	**Iron**	**1%**
Protein 1 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Cucumbers may be scored with tines of a fork before slicing. Cucumbers may be peeled or unpeeled.

Variation

- **Sliced Tomato and Mozzarella Salad.** Substitute 4 lb low-fat mozzarella cheese slices for cucumbers.

MARINATED CARROTS

Yield: 50 portions *Portion:* ⅓ cup (3 oz)

Ingredient	*Amount*	*Procedure*
Carrots, fresh, cut in ¼-inch slices	5 lb	Cook carrots until tender-crisp. Drain.
Tomato soup	2 cups	Combine and heat to boiling point.
Sugar, granulated	1 lb	Pour over warm carrots.
Salad oil	½ cup	Marinate for at least 4 hours.
Vinegar, cider	1½ cups	
Salt	2 tsp	
Pepper, black	1 tsp	
Prepared mustard	1 Tbsp	
Worcestershire sauce	1 Tbsp	
Onions, chopped	12 oz	
Green pepper, chopped	3 oz	

Approximate nutritive values per portion **Calories** 81

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	4%	**Cholest.** 0 mg	0%	**Total Carb.** 16 g	5%	**Vitamin A**	127%	**Calcium**	1%
Sat. Fat 1 g	3%	**Sodium** 143 mg	6%	Fiber 1 g	5%	**Vitamin C**	15%	**Iron**	2%
Protein 1 g				Sugars 12 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Frozen crinkle-sliced carrots, cooked until tender-crisp, may be substituted for fresh carrots.
- Marinated carrots will keep in the refrigerator for a week.

MARINATED GARDEN SALAD

Yield: 50 portions or 8 lb *Portion:* ⅓ cup (2½ oz)

Ingredient	*Amount*	*Procedure*
Carrots, sliced	1 lb (EP)	Steam carrots just until tender-crisp. Drain.
Cauliflower, fresh	2 lb (EP)	Cut cauliflower into florets.
Broccoli spears	2 lb (EP)	Cut broccoli into florets and slice stems.
Mushrooms, fresh	1 lb	Clean mushrooms. Cut large mushrooms in half. Combine all vegetables.
French Dressing (pp. 520–521)	1½ qt	Combine dressing and seasonings. Pour over vegetables.
Dill weed	¼ oz	Marinate at least 2 hours.
Basil, dried, crumbled	1 Tbsp	
Oregano, dried, crumbled	1 tsp	

Approximate nutritive values per portion **Calories** 145

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	19%	**Cholest.** 4 mg	1%	**Total Carb.** 9 g	3%	**Vitamin A**	36%	**Calcium**	3%
Sat. Fat 3 g	15%	**Sodium** 463 mg	19%	Fiber 1 g	5%	**Vitamin C**	43%	**Iron**	4%
Protein 1 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Peel broccoli stems before slicing if they appear tough.

SPINACH CHEESE SALAD

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Spinach, chopped, frozen	3 lb	Thaw spinach. Squeeze out excess moisture and drain.
Eggs, hard-cooked (p. 271)	10	Peel and chop eggs coarsely.
Onion, chopped	6 oz	Add onions, celery, cheese, and eggs to spinach. Mix lightly.
Celery, chopped	8 oz	
Cheddar cheese, shredded	1 lb	
Mayonnaise or salad dressing	1¼ qt	Combine mayonnaise and seasonings. Pour over spinach mixture. Mix lightly.
Salt	2 tsp	Refrigerate for 2 hours.
Hot pepper sauce	2 tsp	Serve with No. 12 dipper.
Vinegar, cider	2 Tbsp	
Horseradish	⅔ cup	

Approximate nutritive values per portion **Calories** 221

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 22 g	**33%**	**Cholest.** 65 mg	**22%**	**Total Carb.** 3 g	**1%**	**Vitamin A**	**27%**	**Calcium**	**11%**
Sat. Fat 5 g	**24%**	**Sodium** 343 mg	**14%**	Fiber 1 g	**3%**	**Vitamin C**	**7%**	**Iron**	**14%**
Protein 5 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.

BASIC PASTA SALAD

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Pasta	3 lb 8 oz (AP)	Cook pasta according to directions on p. 369. Do not overcook. Pasta should be *al dente*.
Water, boiling	3½ gal	
Salt	3 oz	There should be approximately 9 lb cooked pasta. Information on cooked weights of pasta is given on p. 369.
Vegetable oil	2 Tbsp	
Dressing	1½–1¾ qt	Add dressing and toss gently to mix.
Vegetables and/or other ingredients	1 lb 8 oz–2 lb	Fold in other ingredients. Chill.

Suggested Ingredients

- **Pasta:** Rotini, rigatoni, shell macaroni, elbow macaroni, radiatore, wheels. See Figure 9.2 for other pasta choices.
- **Dressing:** Vinaigrette and variations (p. 524), Lemon Basil (p. 524), Lime Salad Dressing (p. 524), Green Peppercorn Cream (p. 518), Thousand Island (p. 518), Italian (p. 521), Sour Cream Basil (p. 518).
- **Vegetables (cooked until tender-crisp):** Asparagus cuts, broccoli florets, carrot coins, Italian green beans, snow peas, sugar snap peas.

- **Vegetables (raw):** Avocado slices or chunks, broccoli, cauliflower, chives, cucumbers, green peppers, red onion rings, parsley, radishes, summer squash slices, tomatoes, water chestnuts, zucchini slices or strips.
- **Other:** Chicken strips, beef strips, pepperoni slices, ham, crabmeat, scallops, shrimp, turkey, olives, pickles, cheese.

Note

- Yield for this recipe may vary, depending on the shape of the pasta used and the amount of vegetables and other ingredients added.

MACARONI SALAD

Yield: 50 portions or 6 qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Elbow macaroni	2 lb 8 oz	Cook macaroni according to directions on p. 369.
Water, boiling	2½ gal	Rinse in cold water. Drain well after rinsing.
Salt	2 Tbsp	(Should be 6 lb 10 oz cooked macaroni.)
Vegetable oil	1 Tbsp	
French Dressing (pp. 520–521)	2 cups	Combine. Pour over macaroni and let marinate overnight.
Salt	¾ tsp	
Vinegar, cider	½ cup	
Eggs, hard-cooked (p. 271)	12	Peel and coarsely chop eggs.
Green peppers, chopped	6 oz	Add vegetables, cheese, and eggs to marinated macaroni.
Celery, chopped	1 lb 4 oz	
Onions, chopped	6 oz	
Pimiento, chopped and drained	3 oz	
Cheddar cheese, diced or shredded	1 lb	
Salad dressing	1 lb	Combine dressing and relish.
Sweet pickle relish, drained	10 oz	Pour over macaroni mixture. Mix carefully to combine. Serve with No. 10 dipper.

Approximate nutritive values per portion **Calories** 260

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**25%**	**Cholest.** 67 mg	**22%**	**Total Carb.** 22 g	**7%**	**Vitamin A**	**6%**	**Calcium**	**8%**
Sat. Fat 4 g	**22%**	**Sodium** 610 mg	**25%**	Fiber 0.3 g	**1%**	**Vitamin C**	**9%**	**Iron**	**7%**
Protein 7 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Other types of pasta may be substituted for elbow macaroni. (See Figure 9.2.)

Variations

- **Chicken and Pasta Salad.** Delete cheese, pickle relish, and eggs. Cook 2 lb 8 oz fettuccine or other type of pasta according to directions on p. 369. Add 3 lb cooked chicken, diced.
- **Ham and Pasta Salad.** Delete eggs. Add 2 lb cooked ham, diced.

ITALIAN PASTA SALAD

Yield: 50 portions *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Rotini or other pasta	2 lb 8 oz	Cook pasta according to directions on p. 369.
Water, boiling	2½ gal	Rinse in cold water. Drain.
Salt	2 Tbsp	
Vegetable oil	1 Tbsp	
Thousand Island Dressing (p. 518)	1¾ qt	Combine dressing and seasonings. Pour over pasta. Mix gently.
Basil, dried, crumbled	1 Tbsp	Chill.
Salt	1 Tbsp	
Garbanzo beans, canned	8 oz	Drain and rinse beans. Add to pasta mixture.
Tomatoes, fresh, cut in wedges	1 lb 8 oz	Add vegetables and olives to pasta mixture. Toss gently. Refrigerate until served.
Cucumbers, peeled and sliced	1 lb	
Cauliflower, fresh, sliced	8 oz	
Black olives, large, pitted	4 oz	

Approximate nutritive values per portion **Calories** 229

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	**20%**	**Cholest.** 11 mg	**4%**	**Total Carb.** 24 g	**8%**	**Vitamin A**	**5%**	**Calcium**	**2%**
Sat. Fat 2 g	**11%**	**Sodium** 484 mg	**20%**	Fiber 2 g	**7%**	**Vitamin C**	**9%**	**Iron**	**9%**
Protein 3 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- An oil-base dressing may be substituted for Thousand Island Dressing.

CHILLED FETTUCCINE VINAIGRETTE

Yield: 50 portions *Portion:* 5 oz

Ingredient	*Amount*	*Procedure*
Fettuccine	3 lb 6 oz	Cook fettuccine according to directions on p. 369. Drain.
Water	3½ gal	There should be 10 lb cooked fettuccine.
Salt	2 Tbsp	
Vegetable oil	2 Tbsp	
Yogurt, plain, nonfat	2 lb	Blend yogurt and vinaigrette well.
Vinaigrette Dressing (p. 524)	2 qt	Pour over hot fettuccine. Toss, using tongs, until all pasta is coated with dressing. Cover and chill until service.

Approximate nutritive values per portion **Calories** 331

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 24 g	**37%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 25 g	8%	**Vitamin A**	**0%**	**Calcium**	**5%**
Sat. Fat 6 g	**31%**	**Sodium** 610 mg	**25%**	Fiber 0 g	**0%**	**Vitamin C**	**2%**	**Iron**	**7%**
Protein 5 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Serve Fettuccine Vinaigrette as an accompaniment to a chilled poultry breast. Add a colorful fruit garnish.
- Bottled Italian salad dressing may be substituted for Vinaigrette Dressing.

Variation

- **Marinated Fettuccine.** Prepare as for Chilled Fettuccine Vinaigrette. After the yogurt and dressing are added, heat in oven. Serve hot.

POTATO SALAD

Yield: 50 portions or 7 qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Potatoes, peeled	10 lb (EP) (12 lb AP)	Cook potatoes until tender. Dice while warm.
Salad oil	½ cup	Make a marinade of oil, vinegar, lemon juice, and seasonings.
Vinegar, cider	½ cup	Add to warm potatoes and mix gently.
Lemon juice	1 Tbsp	Marinate until cold.
Prepared mustard	2 Tbsp	
Sugar, granulated	3 oz	
Salt	1 Tbsp	
Hot pepper sauce	Few drops	
Eggs, hard-cooked (p. 271), diced	12	Add eggs, celery, onion, and pepper to marinated potatoes. Mix lightly.
Celery, diced	1 lb	
Onion, finely chopped	8 oz	
Pepper, black	½ tsp	
Mayonnaise	2 cups	Add mayonnaise. Mix carefully to blend. Chill at least 1 hour before serving. Serve with No. 10 dipper.

Approximate nutritive values per portion **Calories** 190

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**16%**	**Cholest.** 56 mg	**19%**	**Total Carb.** 21 g	**7%**	**Vitamin A**	**2%**	**Calcium**	**2%**
Sat. Fat 2 g	**10%**	**Sodium** 214 mg	**9%**	Fiber 1 g	**6%**	**Vitamin C**	**12%**	**Iron**	**3%**
Protein 3 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- 2 cups French Dressing may be substituted for the marinade given in the recipe.
- Sour cream or yogurt may be substituted for half of the mayonnaise.
- Potatoes may be cooked with skins on, then peeled. Use 12 lb AP.
- 4 oz pickle relish, chopped pimiento, or chopped green pepper may be added.

Variation

- **Sour Cream Potato Salad.** Reduce eggs to 8 and mayonnaise to 1 cup. Add 2 cups sour cream, 1 tsp celery seed, and 12 oz peeled, sliced cucumbers.

HOT POTATO SALAD

Yield: 50 portions *Portion:* ⅔ cup (6 oz)

Ingredient	*Amount*	*Procedure*
Potatoes	12 lb (EP) (15 lb AP)	Wash potatoes and trim as necessary. Steam until just tender, about 30 minutes. Peel and slice.
Bacon	1 lb	Dice bacon, cook until crisp. Drain. Reserve fat.
Onion, chopped	8 oz	Sauté onion in bacon fat.
Flour, all-purpose	4 oz	Add flour to onions and stir until well mixed. Cook 5 minutes.
Sugar, granulated Salt Pepper, black Celery seed Vinegar, cider Water	1 lb 2½ oz 2 tsp 1 Tbsp 3 cups 1 qt	Mix sugar, spices, vinegar, and water. Boil 1 minute. Add to fat-flour mixture gradually while stirring. Cook until slightly thickened.
		Add hot dressing to warm potatoes and bacon. Mix lightly. Serve hot.

Approximate nutritive values per portion **Calories** 205

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 8 mg	**3%**	**Total Carb.** 34 g	**11%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 3 g	**14%**	**Sodium** 597 mg	**25%**	Fiber 2 g	**6%**	**Vitamin C**	**15%**	**Iron**	**3%**
Protein 3 g				Sugars 11 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p.44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 12 hard-cooked eggs, sliced or diced, may be added.
- Mayonnaise or a combination of mayonnaise and salad dressing may be used in place of the hot vinegar dressing. Add to potato mixture and heat to serving temperature.

GELATIN SALAD RECIPES

FRUIT GELATIN SALAD

Yield: 40 or 48 portions or 1 pan 12 × 20 × 2 inches *Portion:* 2¼ × 2½ or 2 × 2½ inches

Ingredient	*Amount*	*Procedure*
Gelatin, flavored	1 lb 8 oz	Pour boiling water over gelatin.
Water, boiling	2 qt	Stir until dissolved.
Fruit juice or water, cold	2 qt	Add to hot liquid. Chill.
Fruit, drained	4 lb	Place fruit in counter pan. When gelatin begins to congeal, pour over fruit. Place in refrigerator to congeal. Cut 5 × 8 for 40 portions. Cut 6 × 8 for 48 portions.

Approximate nutritive values per portion (cut 48) **Calories** 91

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 10 g	**3%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 20 mg	**1%**	Fiber 1 g	**3%**	**Vitamin C**	**40%**	**Iron**	**5%**
Protein 13 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For quick preparation, dissolve 1 lb 8 oz flavored gelatin in 1½ qt boiling water. Measure 2½ qt chipped or finely crushed ice, then add enough cold water or fruit juice to cover ice. Add to gelatin and stir constantly until ice is melted. Gelatin will begin to congeal at once. Speed of congealing depends on proportion of ice to water and size of ice particles.
- One or more canned, frozen, or fresh fruits, cut into desired shapes and sizes, may be used. Fresh or frozen pineapple must be cooked before adding to gelatin salad.
- Fruit juice may be used for part or all of the liquid. Not more than 50 percent of heavy syrup, however, should be substituted for water.
- If unflavored granulated gelatin is used, sprinkle 2½ oz over 2 cups cold water and let stand for 10 minutes. Add 3½ qt boiling fruit juice and 1 lb sugar.

Variations

- **Apple Cinnamon Swirl.** Heat 1¼ qt water to boiling. Add 1 lb lemon gelatin and 10 oz cinnamon candies (red-hots). Stir until dissolved. Stir in 3 lb (1½ qt) applesauce, ¼ cup lemon juice, and 1 Tbsp salt. Pour into a 12 × 20 × 2-inch pan and chill until partially set. Fold in 8 oz coarsely chopped walnuts. Beat 10 oz cream cheese, ½ cup milk, ¼ cup mayonnaise until smooth. Spoon mixture (2 cups) on top of gelatin. Swirl through gelatin with rubber spatula to marble.
- **Applesauce Gelatin Salad.** Heat 6 lb 10 oz (1 No. 10 can) applesauce, 8 oz granulated sugar, 1 Tbsp ground cinnamon, and 2 tsp ground nutmeg, stirring frequently. Add 1 lb 8 oz strawberry gelatin and stir until dissolved. Add 2 qt cold water and ⅓ cup lemon juice.
- **Arabian Peach Salad.** Drain 1 No. 10 can sliced peaches, saving juice. Combine peach juice, 1½ cups white vinegar, 1 lb 12 oz granulated sugar, 1 oz stick cinnamon, and 2 tsp whole cloves. Simmer 10 minutes. Strain, and add enough hot water to make 1 gal liquid. Add to 1 lb 8 oz orange gelatin and stir until dissolved. When slightly thickened, add peaches. Apricot halves may be substituted for peaches.
- **Autumn Salad.** Dissolve 1 lb 8 oz orange gelatin in 2 qt boiling water. Add 2 qt cold liquid, 2 lb 8 oz sliced fresh peaches, and 3 lb 8 oz fresh pears.
- **Blueberry Gelatin Salad.** Make in two layers. First layer: Drain 1 No. 10 can blueberries. Add water to juice if necessary to make 1 qt and heat to boiling. Add 12 oz raspberry gelatin and stir

until dissolved. Pour into 12 × 20 × 2-inch pan and chill. Second layer: Drain 1 No. 10 can crushed pineapple. Add water if necessary to make 1 qt liquid. Heat to boiling and add 12 oz lemon gelatin. Stir until dissolved. Stir in the crushed pineapple and 1 qt sour cream. Cool. Pour over first layer and Chill.

- **Boysenberry Mold.** Thaw 2 lb 12 oz frozen boysenberries in a colander. Reserve juice. Heat juice plus water if needed to make 2 qt. Add 1 lb 8 oz raspberry gelatin and stir until dissolved. Stir in 1½ cups cold water. Chill until gelatin is the consistency of egg whites. Whip 1¼ qt whipped topping until soft peaks form. Fold in the thickened gelatin mixture and boysenberries. Pour into molds and refrigerate until firm.
- **Cranberry Apple Salad.** Dissolve 1 lb 8 oz cherry or raspberry gelatin in 2 qt boiling water. Add 3 lb fresh or frozen cranberry relish. 1 lb chopped apples, and 1 lb crushed pineapple. One No. 10 can whole cranberry sauce and 4 oranges, ground, may be used in place of the relish. Delete pineapple.
- **Cranberry Mold.** Drain 3½ cups crushed pineapple (2½ cups drained). Heat juice, plus enough water to make 3¼ cups, to boiling. Add 1 lb raspberry gelatin and stir until dissolved. Stir in 1½ qt cranberry relish. Chill until consistency of unbeaten egg whites. Fold in 3 cups mandarin oranges, drained and chopped, and 3¼ cups whipped topping whipped until stiff (6½ cups whipped). Spread in oiled gelatin molds.
- **Cucumber Soufflé Salad.** Dissolve 1 lb 8 oz lime or lemon gelatin in 1½ qt boiling water. Add 2 qt ice and cold water. Chill until partially set. Whip until fluffy. Add 3 cups mayonnaise and ⅓ cup lemon juice. Fold in 5 lb cucumbers, chopped.
- **Frosted Cherry Salad.** Dissolve 1 lb 8 oz cherry gelatin in 2 qt boiling water. Add 2 qt cold fruit juice, 2 lb drained, pitted red cherries, and 2 lb crushed pineapple. When congealed, frost with whipped cream cheese and chopped toasted almonds.
- **Frosted Lime Salad.** Dissolve 1 lb 8 oz lime gelatin in 2 qt boiling water. Add 2 qt cold fruit juice and, when mixture begins to congeal, add 4 lb crushed pineapple, drained, 2 lb 8 oz cottage cheese, 8 oz diced celery, 4 oz chopped pimiento, and 4 oz chopped nuts. When congealed, frost with mixture of 4 lb cream cheese blended with ½ cup mayonnaise.
- **Jellied Waldorf Salad.** Dissolve 1 lb 8 oz raspberry or cherry gelatin in 2 qt boiling water. Add 1 cup red cinnamon candies (red-hots) and stir until dissolved. Add 2 qt cold water or fruit juice. When mixture begins to congeal, add 2 lb diced apple, 12 oz finely diced celery, and 8 oz chopped pecans or walnuts.
- **Lemon Cream Mold.** Dissolve 1 lb 8 oz lemon gelatin in 1 qt boiling water. Stir in 1 qt cold water, ¾ cup vinegar, and ¼ tsp salt. Cool to room temperature. Add to 3 lb 12 oz sour cream and mix until smooth. Garnish with very thin slices of lemon and cucumber.
- **Molded Pineapple Cheese Salad.** Dissolve 1 lb 8 oz lemon gelatin in 2 qt boiling water. Add 2 qt cold fruit juice, 1 lb grated cheddar cheese, 3 lb drained crushed pineapple, 3 oz chopped green pepper or pimiento, and 4 oz finely chopped celery.
- **Ribbon Gelatin Salad.** Dissolve 1 lb 8 oz raspberry gelatin in 1 gal boiling water. Divide into three equal parts. Pour one-third into one 12 × 20 × 2-inch pan and chill. Add 1 lb cream cheese to another third and whip to blend; pour on the first part when it is congealed. Return it to the refrigerator until it, too, is congealed, then top with remaining portion.
- **Sunshine Salad.** Dissolve 1 lb 8 oz lemon gelatin in 2 qt boiling water. Add 2 qt cold fruit juice, 3 lb drained crushed pineapple, and 8 oz grated raw carrot.
- **Swedish Green-Top Salad.** Dissolve 12 oz lime gelatin in 2 qt boiling water. Pour into a 12 × 10 × 2-inch pan. Dissolve 12 oz orange gelatin in 2 qt boiling water. While still hot, add 1 lb 8 oz marshmallows and stir until melted. When cool, add 12 oz cream cheese, 1½ cups mayonnaise, and ½ tsp salt, blended together. Fold in 1 pt cream, whipped. Pour over congealed lime gelatin and return to the refrigerator to chill. To serve, invert so that green portion is on top.
- **Under-the-Sea Salad.** Dissolve 1 lb 8 oz lime gelatin in 1 gal boiling water. Divide into two parts. Pour one part into a 12 × 20 × 2-inch pan and chill. When it begins to congeal, add 12 oz drained crushed pineapple or sliced pears. To the remaining gelatin mixture, add 1 lb cream cheese and whip until smooth. Pour over first portion.

PERFECTION SALAD

Yield: 40 or 48 portions or 1 pan 12 × 20 × 2 inches *Portion:* 2¼ × 2½ or 2 × 2½ inches

Ingredient	*Amount*	*Procedure*
Gelatin, unflavored	3 oz	Sprinkle gelatin over cold water.
Water, cold	2 cups	Let stand 10 minutes.
Water, boiling	3 qt	Add boiling water to gelatin. Stir until gelatin is dissolved.
Vinegar, cider	1 cup	Add to gelatin mixture. Stir until sugar is dissolved.
Lemon juice	1 cup	Chill.
Salt	1 oz (1½ Tbsp)	
Sugar, granulated	1 lb	
Cabbage, chopped	1 lb 8 oz	When liquid begins to congeal, add vegetables.
Celery, chopped	10 oz	Pour into a 12 × 20 × 2-inch counter pan. Place in the refrigerator to congeal.
Pimiento, chopped	4 oz	
Green pepper, chopped	4 oz	Cut 5 × 8 for 40 portions. Cut 6 × 8 for 48 portions.
Paprika	1 Tbsp	

Approximate nutritive values per portion (cut 48) **Calories** 50

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 11 g	4%	**Vitamin A**	1%	**Calcium**	1%
Sat. Fat 0 g	0%	**Sodium** 213 mg	9%	Fiber 0.4 g	2%	**Vitamin C**	22%	**Iron**	1%
Protein 2 g				Sugars 10 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

TOMATO ASPIC

Yield: 40 or 48 portions or 1 pan 12 × 20 × 2 inches *Portion:* 2¼ × 2½ or 2 × 2½ inches

Ingredient	*Amount*	*Procedure*
Gelatin, unflavored	4 oz	Sprinkle gelatin over cold water.
Water, cold	1 qt	Let stand 10 minutes.
Tomato juice	1 gal	Combine tomato juice and seasonings.
Onions, small, sliced	2	Boil 5 minutes. Strain.
Bay leaf	1	Add gelatin. Stir until dissolved.
Celery stalks	4	
Cloves, whole	8	
Dry mustard	2 tsp	
Sugar, granulated	14 oz	
Salt	1 Tbsp	
Vinegar or lemon juice	2 cups	Add vinegar or lemon juice. Pour into a 12 × 20 × 2-inch counter pan. Place in refrigerator to congeal. Cut 5 × 8 for 40 portions. Cut 6 × 8 for 48 portions.

Approximate nutritive values per portion (cut 48) **Calories** 58

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 13 g	4%	**Vitamin A**	4%	**Calcium**	1%
Sat. Fat 0 g	0%	**Sodium** 435 mg	18%	Fiber 1 g	4%	**Vitamin C**	31%	**Iron**	3%
Protein 3 g				Sugars 11 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

FRUIT SALAD RECIPES

WALDORF SALAD

Yield: 50 portions or 6 qt *Portion:* ⅓ cup (3 oz)

Ingredient	*Amount*	*Procedure*
Cream, whipping (optional)	½ cup	Whip cream. Combine with mayonnaise.
Mayonnaise or salad dressing	2 cups	
Apples, tart (peeled or unpeeled)	8 lb EP	Dice apples into fruit juice to prevent apples from turning dark. Drain and stir into salad dressing.
Celery, chopped	2 lb EP	Add celery, seasonings, and nuts to apples.
Salt	1 oz (1½ Tbsp)	Mix lightly until all ingredients are coated with dressing.
Sugar, granulated (optional)	6 oz	Serve with No. 12 dipper.
Walnuts, coarsely chopped	8 oz	

Approximate nutritive values per portion **Calories** 158

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**17%**	**Cholest.** 8 mg	**3%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**2%**	**Calcium**	**2%**
Sat. Fat 2 g	**9%**	**Sodium** 260 mg	**11%**	Fiber 2 g	**8%**	**Vitamin C**	**9%**	**Iron**	**2%**
Protein 1 g				Sugars 13 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Add walnuts only to salad that will be used immediately, as nuts will cause the salad to become gray.
- Fruit Salad Dressing (p. 527) may be substituted for mayonnaise.

Variations

- **Apple Cabbage Salad.** Use 6 lb diced apples and 4 lb crisp shredded cabbage. Omit celery. Sour cream or plain yogurt may be substituted for half the mayonnaise.
- **Apple Carrot Salad.** Use 6 lb diced apples, 3 lb shredded carrots, and only 1 lb chopped celery.
- **Apple Celery Salad.** Delete walnuts. Add 8 oz marshmallows.
- **Apple Date Salad.** Substitute 2 lb cut dates for celery.
- **Apple Fruit Salad.** Substitute 4 lb fresh fruit in season for half the apples.

APPLE PEAR SALAD

Yield: 50 plated salads

Ingredient	*Amount*	*Procedure*
Apples, red delicious	8–10 lb	Core and section fruit according to directions on p. 468.
Pears, Anjou	8–10	Section each pear and apple into 6–8 slices. Dip in diluted lemon juice to reduce discoloration.
Leaf lettuce	50 leaves	Line salad plate with lettuce leaf.
Blue cheese, crumbled	3 lb	Alternate 3–4 sections of each fruit in a pinwheel-like arrangement on top of lettuce leaf.
Apple Cider Dressing (p. 526)	1 qt	Sprinkle with 1 oz blue cheese.
		Drizzle with 1–2 Tbsp Apple Cider Dressing.

Approximate nutritive values per portion **Calories** 250

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	17%	**Cholest.** 20 mg	7%	**Total Carb.** 35 g	12%	**Vitamin A**	10%	**Calcium**	17%
Sat. Fat 5.5 g	27%	**Sodium** 407 mg	17%	Fiber 4 g	16%	**Vitamin C**	16%	**Iron**	6%
Protein 6.6 g				Sugars 20 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

ACINI DE PEPE FRUIT SALAD

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Acini de pepe (see Note)	2 lb 6 oz (AP)	Cook pasta according to directions on p. 369.
Water, boiling	2 gal	Drain and cool slightly. There should be 7 lb 8 oz cooked product. Save for later step.
Salt	1 oz (1½ Tbsp)	
Sugar, granulated	7 oz	Combine sugar, flour, and salt in steam-jacketed kettle.
Flour, all-purpose	2 Tbsp	
Salt	1 tsp	
Pineapple juice drained from pineapple	1½ cups	Pour juice slowly into mixture while stirring with wire whip. Cook over moderate heat, stirring until slightly thickened.
Eggs, beaten	2 (3 oz)	Stir a small amount of the hot mixture into eggs, then stir eggs into the hot mixture. Cook and stir until thickened, 190°F.
Lemon juice	1 Tbsp	Add lemon juice. Cool to room temperature Combine with cooked pasta. Mix lightly. Chill.
Mandarin oranges, drained	1 lb	Add fruit to pasta mixture. Mix lightly but thoroughly.
Crushed pineapple, drained	1 lb 12 oz	
Pineapple tidbits, drained	1 lb 12 oz	
Whipped topping	1¼ cups	Whip topping to stiff peaks. There should be 2½ cups whipped. Fold into salad. Chill until served. Serve with No. 8 dipper.

Approximate nutritive values per portion **Calories** 144

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	4%	**Cholest.** 14 mg	5%	**Total Carb.** 28 g	9%	**Vitamin A**	2%	**Calcium**	2%
Sat. Fat 1 g	6%	**Sodium** 246 mg	10%	Fiber 0.4 g	2%	**Vitamin C**	14%	**Iron**	5%
Protein 3 g				Sugars 11 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Acini de pepe is a small round pasta resembling bb shot.

AMBROSIA FRUIT SALAD

Yield: 50 portions *Portion:* 2½ oz

Ingredient	*Amount*	*Procedure*
Mandarin oranges, canned, drained	3 lb	Combine fruits, marshmallows, and coconut.
Pineapple tidbits, canned, drained	3 lb 8 oz	
Miniature marshmallows	12 oz	
Shredded coconut	6 oz	
Sour cream	12 oz	Add sour cream to fruit. Toss lightly to combine. Serve with No. 12 dipper.

Approximate nutritive values per portion **Calories** 82

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	4%	**Cholest.** 3 mg	1%	**Total Carb.** 15 g	5%	**Vitamin A**	2%	**Calcium**	2%
Sat. Fat 2 g	9%	**Sodium** 17 mg	1%	Fiber 1 g	4%	**Vitamin C**	28%	**Iron**	1%
Protein 1 g				Sugars 12 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Salad does not hold well and is best when served soon after mixing.
- Plain unflavored yogurt may be substituted for sour cream.

GRAPEFRUIT ORANGE SALAD

Yield: 50 portions *Portion:* 2 orange, 3 grapefruit sections

Ingredient	*Amount*	*Procedure*
Grapefruit, medium	16	Peel and section fruit according to directions on p. 468
Oranges, large	17	For each salad, arrange 3 grapefruit sections and 2 orange sections, alternately on lettuce or other salad greens.
		Serve with Celery Seed Fruit Dressing (p. 527) or Honey French Dressing (p. 522).

Approximate nutritive values per portion **Calories** 45

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 11 g	4%	**Vitamin A**	2%	**Calcium**	2%
Sat. Fat 0 g	0%	**Sodium** 0 mg	0%	Fiber 2 g	9%	**Vitamin C**	88%	**Iron**	0%
Protein 1 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Citrus Pomegranate Salad.** Arrange grapefruit and orange sections on curly endive. Sprinkle pomegranate seeds over fruit. Serve with Celery Seed Dressing (p. 520, 527).
- **Fresh Fruit Salad Bowl.** Place chopped lettuce or other salad greens in individual salad bowls, 2 oz per bowl. Arrange wedges of cantaloupe, honeydew melon, and avocado, and sections of orange or grapefruit on the lettuce. Garnish with green grapes, Bing cherries, or fresh strawberries. Fresh pineapple, peaches, or apricots are good also in this salad. Serve with Celery Seed Fruit Dressing (p. 527) or Honey French Dressing (p. 522).
- **Grapefruit Apple Salad.** Substitute wedges of unpeeled red apples for oranges.
- **Grapefruit-Orange-Avocado Salad.** Place avocado wedges between grapefruit and orange sections. Garnish with fresh strawberries.
- **Grapefruit-Orange-Pear Salad.** Alternate slices of fresh pear with grapefruit and orange sections.

SPICED APPLE SALAD

Yield: 50 portions *Portion:* 1 apple

Ingredient	*Amount*	*Procedure*
Sugar, granulated	6 lb	Combine sugar, water, and flavorings.
Water	2 qt	Boil for about 5 minutes to form a thin syrup.
Vinegar, cider	1 cup	Set aside for next step.
Red coloring	½ tsp	
Cloves, whole	1 oz	
Cinnamon sticks	1 oz	
Apples, fresh	50	Core and peel apples. Leave apples whole unless they are large; then cut in half crosswise.
		Place apples in a flat pan.
		Pour syrup over apples. Cook on top of range or in oven until tender. Turn while cooking.
		Cool.
Celery, chopped	8 oz	Combine celery and nuts.
Nuts, chopped	4 oz	Add mayonnaise and salt.
Mayonnaise	¾ cup	Fill centers of cooked apples with this mixture.
Salt	½ tsp	

Approximate nutritive values per portion **Calories** 165

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	**7%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 34 g	**11%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 1 g	**4%**	**Sodium** 61 mg	**3%**	Fiber 2 g	**9%**	**Vitamin C**	**9%**	**Iron**	**2%**
Protein 1 g				Sugars 29 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Select apples that will hold their shape when cooked, such as Jonathan, Rome Beauty, or Winesap. Approximately 12 lb will be needed.
- 8 oz softened cream cheese may be substituted for mayonnaise.

FROZEN FRUIT SALAD

Yield: 48 portions or 1 pan 12 × 20 × 2 inches *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Gelatin, unflavored	1 oz	Sprinkle gelatin over cold water.
Water, cold	½ cup	Let stand 10 minutes.
Orange juice	1¾ cups	Combine juices and heat to boiling point.
Pineapple juice	1¾ cups	Add gelatin and stir to dissolve.
		Cool until slightly congealed.
Cream, whipping	2 cups	Whip cream. Combine with mayonnaise.
Mayonnaise	1 cup	Fold into the slightly congealed gelatin mixture.
Pineapple chunks, drained	1 lb 12 oz	Fold fruit into gelatin mixture. Pour into a 12 × 20 × 2-inch counter pan or into molds.
Orange sections, cut in halves	1 lb 8 oz	Freeze. Cut 6 × 8.
Peaches, sliced, drained	1 lb 8 oz	
Bananas, diced	2 lb	
Pecans, chopped	12 oz	
Maraschino cherries	8 oz	
Miniature marshmallows	8 oz	

Approximate nutritive values per portion **Calories** 178

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**18%**	**Cholest.** 14 mg	**5%**	**Total Carb.** 19 g	**6%**	**Vitamin A**	**5%**	**Calcium**	**2%**
Sat. Fat 3 g	**14%**	**Sodium** 33 mg	**1%**	Fiber 2 g	**6%**	**Vitamin C**	**27%**	**Iron**	**2%**
Protein 2 g				Sugars 14 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Whipped topping may be used in place of whipped cream.
- Other combinations of fruit (a total of 8 lb) may be used.

ENTREE SALAD RECIPES

CHEF'S SALAD BOWL

Yield: 50 portions *Portion:* 7 oz

Ingredient	*Amount*	*Procedure*
Head lettuce or mixed greens	12 lb	Cut or tear lettuce into bite-size pieces. Portion into individual salad bowls, 4 oz per bowl.
Cooked turkey Cooked ham Cheddar cheese or Swiss cheese	6 lb 3 lb 3 lb	Cut meat and cheese into thin strips. Arrange on top of lettuce, 2 oz turkey, 1 oz ham, 1 oz cheese per bowl.
Green pepper rings Tomatoes, cut into wedges Eggs, hard-cooked, quartered (p. 271)	50 (8 lb AP) 6 lb (AP) 25	Garnish with 1 green pepper ring, 2 tomato wedges, and 2 egg quarters.
Salad dressing (see Notes)	1½–2 qt	Serve salad with choice of dressings.

Approximate nutritive values per portion **Calories** 457

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 29 g	**44%**	**Cholest.** 200 mg	**67%**	**Total Carb.** 15 g	**5%**	**Vitamin A**	**28%**	**Calcium**	**26%**
Sat. Fat 10 g	**50%**	**Sodium** 987 mg	**41%**	Fiber 4 g	**16%**	**Vitamin C**	**139%**	**Iron**	**17%**
Protein 35 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Suggested salad dressings: Mayonnaise, Thousand Island, Roquefort, Creamy French, or Ranch.

Variations

- **Chicken and Bacon Salad.** Delete ham and turkey. Cut 6 lb cooked chicken or turkey into strips or cubes and mix with salad greens. Sprinkle 4 lb chopped, crisply cooked bacon over top of salads, 1 oz per salad.
- **Seafood Chef Salad.** Delete turkey and ham. Substitute 1 oz salmon, drained and broken into small chunks, 1 oz shrimp pieces or 2 whole shrimp for each salad.
- **Taco Salad.** Fry 50 10-inch flour tortillas by forming in basket shape around a large dipper or can. Submerge tortillas in hot fat, while still formed around dipper or can, for 20–30 seconds. Remove from fat and drain on paper towel. Prepare ground beef mixture (p. 343). Chill. Prepare lettuce mixture (p. 343). In bottom of shell basket, place 2½ oz lettuce mixture, then 4 oz cold ground beef mixture on top of lettuce. Sprinkle with sliced black olives and Cheddar cheese. Serve with Salsa (p. 568).

CHICKEN SALAD

Yield: 50 portions or 6¼ qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Cooked chicken	8 lb	Cut chicken into ½-inch cubes.
Eggs, hard-cooked (p. 271)	12	Peel and dice eggs.
Celery, diced	3 lb	Combine all ingredients. Mix lightly. Chill quickly to below 41°F.
Onion, minced	2 Tbsp	
Salt	2 Tbsp	Serve with No. 8 dipper.
Pepper, white	1 tsp	
Mayonnaise	1 qt	
Lemon juice	4 tsp	

Approximate nutritive values per portion **Calories** 227

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 21 g	**32%**	**Cholest.** 122 mg	**41%**	**Total Carb.** 2 g	**1%**	**Vitamin A**	**6%**	**Calcium**	**3%**
Sat. Fat 4 g	**20%**	**Sodium** 446 mg	**19%**	Fiber 0.4 g	**2%**	**Vitamin C**	**3%**	**Iron**	**6%**
Protein 23 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling the ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).
- 24–25 lb chicken AP will yield approximately 8 lb cooked meat.
- Cubed chicken may be marinated for 2 hours in ⅔ cups French Dressing (pp. 520–521).

Variations

- **Chicken-Avocado-Orange Salad.** Delete eggs. Gently stir into chicken mixture 1 qt diced orange segments, drained, 12 oz broken or slivered toasted almonds, and 6 oz chopped pimiento. Just before serving, add 6 avocados, diced.
- **Crunchy Chicken Salad.** Add 8 oz sliced water chestnuts or toasted slivered almonds or walnuts.
- **Curried Chicken Salad.** Add 1 Tbsp curry powder to mayonnaise.
- **Fruited Chicken Salad.** Just before serving add 2 lb 8 oz seedless grapes or pineapple chunks, drained, and 8 oz sunflower seeds.
- **Mandarin Chicken Salad.** Delete eggs and pepper. Reduce mayonnaise to 2 cups. Add 2 cups sour cream. Substitute 2 Tbsp lime juice for lemon juice. Gently fold in 1 No. 10 can mandarin oranges and 1 No. 10 can pineapple tidbits, well drained.
- **Turkey Salad.** Substitute turkey for chicken.

MARINATED CHICKEN AND FRESH FRUIT SALAD

Yield: 50 portions *Portion:* 3 oz chicken + 3 oz greens + 3 oz fruit + 2 oz dressing

Ingredient	*Amount*	*Procedure*
Chicken breasts, 3 oz	50	Prepare and grill chicken according to Tarragon Chicken recipe, p. 441. Chill quickly to below 41°F.
Head lettuce (iceberg)	7 lb	Cut or tear lettuce into bite-size pieces.
Leaf lettuce, Bibb or romaine	3 lb	
Fresh fruit in season (see Notes)	10–12 lb	Prepare fruit. Peel if necessary and cut into wedges, medium-size chunks, or clusters.
Leaf lettuce	2 lb	For plate liners.
Golden Fruit Dressing (p. 527)	3 qt	Serve to the side.

To Assemble:

1. Line 50 9-inch luncheon plates with leaf lettuce.
2. Arrange 3 oz greens on each plate.
3. Place 3 oz grilled chicken strips in center of plate.
4. Arrange 3 oz fruit around the chicken.
5. In a side dish, serve Golden Fruit Dressing, p. 527.

Approximate nutritive values per portion **Calories** 462

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 31 g	**47%**	**Cholest.** 39 mg	**13%**	**Total Carb.** 34 g	**11%**	**Vitamin A**	**29%**	**Calcium**	**6%**
Sat. Fat 8 g	**39%**	**Sodium** 431 mg	**18%**	Fiber 2 g	**10%**	**Vitamin C**	**86%**	**Iron**	**11%**
Protein 16 g				Sugars 30 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Choose at least three kinds of fruit that complement each other. Suggested fruits: cantaloupe wedges, watermelon chunks, fresh pineapple spears or chunks, whole fresh strawberries, papaya pieces, mango slices, green or red grapes.

Variation

- **Blackened Chicken Salad.** Season 25 chicken breasts with Cajun Seasoning (p. 592). Cook following Grilled Chicken Breast directions. Increase lettuce to 13 lb. Arrange 4 oz lettuce on plate and top with one-half sliced chicken breast. Garnish with chopped tomato and yellow bell pepper. Dress as desired.

CHICKEN AND PASTA SALAD PLATE

Yield: 50 portions *Portion:* 7 oz

Ingredient	*Amount*	*Procedure*
Rotini	1 lb 2 oz (AP) (2 lb 8 oz cooked)	Cook according to direction on p. 369. Drain.
Water, boiling	1 gal	
Salt	1 Tbsp	
Vinegar, cider	2¾ cups	Combine in mixer bowl.
Lemon juice	⅓ cup	
Prepared mustard	3 Tbsp	
Garlic, minced	3 cloves	
Salt	2 Tbsp	
Oregano, dried, crumbled	1 tsp	
Pepper, black	2 tsp	
Sugar, granulated	2 tsp	
Salad oil	3½ cups	Add oil very gradually while mixing on medium speed with wire whip attachment.
Cooked chicken, cut in 1-inch pieces	8 lb 8 oz	Add chicken to dressing. Toss to coat well. Add cooked rotini and mix well. Chill quickly to 41°F.
Broccoli florets	1 lb 4 oz	Steam broccoli until tender-crisp. Add to marinated mixture shortly before serving.
Cherry tomatoes, cut in half	3 lb	Add to marinated mixture shortly before serving.
Zucchini, fresh, cut in julienne strips	2 lb 4 oz	
Carrots, shredded	10 oz	
Green onions, chopped	8 oz	
Leaf lettuce	2 lb	Cover plate with leaf lettuce. Portion 7 oz salad onto lettuce. Place one hard roll on each salad plate shortly before service.
Hard rolls	50	

Approximate nutritive values per portion **Calories** 498

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 23 g	**36%**	**Cholest.** 64 mg	**21%**	**Total Carb.** 43 g	**14%**	**Vitamin A**	**26%**	**Calcium**	**10%**
Sat. Fat 6 g	**29%**	**Sodium** 837 mg	**35%**	Fiber 1 g	**6%**	**Vitamin C**	**37%**	**Iron**	**22%**
Protein 29 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 40°F).
- Salad may be served in a bowl or on a plate with a bed of shredded lettuce.

SHRIMP TORTELLINI SALAD PLATE

Yield: 50 portions *Portion:* 6 oz salad mixture

Ingredient	*Amount*	*Procedure*
Spinach tortellini, cheese-stuffed, frozen	4 lb (AP) (6 lb cooked)	Cook tortellini in boiling water for 3–5 minutes. Drain. Place in bowl.
Italian Dressing (p. 521)	2¼ qt	Pour dressing over pasta and toss gently to coat. Chill quickly to 41°F or less.
Salad shrimp, cooked, frozen	5 lb	Thaw shrimp under cold running water. Drain well and add to cold pasta.
Celery, thinly sliced	1 lb 10 oz	Add to pasta mixture. Toss well.
Carrots, cut into ¾-inch-long thin julienne strips	12 oz	Cover. Refrigerate until chilled to 41°F or less.
Green onions, thinly sliced	10 oz	
Water chestnuts, sliced, drained	1 lb 6 oz	
Leaf lettuce	2 lb 12 oz	Cover plate with leaf lettuce. Portion 6 oz salad onto lettuce.
Black olives	1 lb	Garnish plate with 3 black olives and 1 cherry tomato.
Cherry tomatoes	1 lb	Serve with 2 breadsticks.
Bread sticks	100	

Approximate nutritive values per portion **Calories** 704

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 28 g	**43%**	**Cholest.** 89 mg	**30%**	**Total Carb.** 88 g	**29%**	**Vitamin A**	**31%**	**Calcium**	**12%**
Sat. Fat 3 g	**16%**	**Sodium** 2465 mg	**103%**	Fiber 3 g	**13%**	**Vitamin C**	**16%**	**Iron**	**27%**
Protein 24 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).

POACHED SALMON ON FIELD GREENS

Yield: 50 portions *Portion:* 4 oz salmon fillet, 4 oz greens, 1–2 oz dressing

Ingredient	*Amount*	*Procedure*
Salmon, poached (4 oz fillets)	50 fillets	Poach salmon according to directions on p. 300.
Lettuce assortment (see Notes)	12 lb 8 oz	Place 4 oz lettuce on plate. Drizzle with ½–1 oz of Vinaigrette Dressing.
Vinaigrette Dressing (p. 524)	2 qt	Carefully place salmon fillet on top of greens. Drizzle with ½–1 oz of Vinaigrette Dressing. Garnish with fresh herbs or edible flowers. (See Appendix A and Appendix B for suggestions.)

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold for service at a temperature below 41°F.
- One of several commercial lettuce assortments may be used or an assortment made using several different salad greens (p. 465).
- Horseradish Caper Sauce (p. 575) may be ladled over salmon fillet in place of Vinaigrette Dressing.

CRAB SALAD

Yield: 50 portions or 6 qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Eggs, hard-cooked (p. 271)	30	Peel and chop eggs coarsely.
Crabmeat, flaked	5 lb	Add eggs and other ingredients to crabmeat.
Almonds, blanched, slivered (optional)	1 lb	Mix lightly. Chill quickly to below 41°F. Serve with No. 10 dipper.
Black olives, sliced	1 lb	
Lemon juice	⅓ cup	
Mayonnaise	1 qt	

Approximate nutritive values per portion **Calories** 281

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 24 g	**37%**	**Cholest.** 183 mg	**61%**	**Total Carb.** 4 g	**1%**	**Vitamin A**	**7%**	**Calcium**	**7%**
Sat. Fat 4 g	**19%**	**Sodium** 445 mg	**19%**	Fiber 1 g	**4%**	**Vitamin C**	**0%**	**Iron**	**8%**
Protein 14 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).
- Olives may be deleted and 1 lb diced cucumbers added.
- If desired, omit mayonnaise and marinate with French Dressing (p. 520–521).

Variation

- **Lobster Salad.** Substitute lobster for crab.

PASTA AND CRAB SALAD

Yield: 50 portions *Portion:* 2½ oz

Ingredient	*Amount*	*Procedure*
Radiatore Water Salt	1 lb 8 oz 1½ gal 1 oz (1½ Tbsp)	Cook pasta according to directions on p. 369. Drain. Yield should be 3 lb cooked radiatore.
Lemon Basil Dressing (p. 524)	3¾ cups	Add dressing. Toss to coat pasta. Chill to below 41°F.
Onions, green, finely chopped Snow peas, thawed, uncooked	2 oz 1 lb 4 oz	Add onions and snow peas. Toss.
Crabmeat, diced	2 lb	Add crabmeat. Toss. Keep chilled below 41° F.

Approximate nutritive values per portion **Calories** 139

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 18 mg	**6%**	**Total Carb.** 14 g	**5%**	**Vitamin A**	**0%**	**Calcium**	**2%**
Sat. Fat 2 g	**9%**	**Sodium** 416 mg	**17%**	Fiber 0.3 g	**1%**	**Vitamin C**	**12%**	**Iron**	**5%**
Protein 5 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).
- Cooked shrimp, cooked scallops, or lobster may be substituted for crabmeat.

SHRIMP SALAD

Yield: 50 portions or 6¼ qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Cooked shrimp (see Notes)	6 lb	Cut shrimp into ½-inch pieces. Place in bowl.
Celery, diced	2 lb	Add vegetables to shrimp.
Cucumber, diced	1 lb	
Lettuce, chopped (optional)	1 head	
Mayonnaise	1 qt	Combine mayonnaise and seasonings.
Lemon juice	2 Tbsp	Add to shrimp mixture. Mix lightly. Chill quickly to below 41°F.
Salt	2 tsp	Serve with No. 10 dipper.
Paprika	1 tsp	
Prepared mustard	2 tsp	

Approximate nutritive values per portion **Calories** 187

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 15 g	**23%**	**Cholest.** 117 mg	**39%**	**Total Carb.** 2 g	**1%**	**Vitamin A**	**6%**	**Calcium**	**3%**
Sat. Fat 2 g	**11%**	**Sodium** 327 mg	**14%**	Fiber 0.4 g	**2%**	**Vitamin C**	**5%**	**Iron**	**10%**
Protein 12 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially harzardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).
- 12 lb raw shrimp in shell or 10 lb raw, peeled, and deveined shrimp will yield the 6 lb cooked shrimp needed. Cook according to directions on p. 292.
- 1 dozen hard-cooked eggs (p. 271), coarsely chopped, may be added. Reduce shrimp to 5 lb.
- Salad may be garnished with tomato wedges or served in a tomato cup.

SHRIMP RICE SALAD

Yield: 50 portions *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Rice, converted	1 lb	Cook rice according to direction on p. 399.
Water	1¼ qt	Chill.
Salt	1 Tbsp	
Margarine or vegetable oil	1 Tbsp	
Celery	1 lb 8 oz	Cut celery in thin slices crosswise.
Green peppers	1 lb	Slice green peppers in thin strips.
Cooked shrimp, chilled	5 lb	Combine shrimp, rice, and vegetables.
Vinegar, cider	1 cup	Combine and pour over shrimp-rice mixture.
Salad oil	½ cup	Marinate in refrigerator at least 3 hours.
Worcestershire sauce	2 Tbsp	
Sugar, granulated	2 Tbsp	
Salt	1 Tbsp	
Curry powder	2 tsp	
Ginger, ground	¾ tsp	
Pepper, black	½ tsp	
Pineapple chunks, canned or frozen, drained	3 lb	Just before serving, add pineapple. Serve with No. 8 dipper.

Approximate nutritive values per portion **Calories** 122

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	**5%**	**Cholest.** 89 mg	**30%**	**Total Carb.** 13 g	**4%**	**Vitamin A**	**3%**	**Calcium**	**3%**
Sat. Fat 1 g	**4%**	**Sodium** 377 mg	**16%**	Fiber 1 g	**3%**	**Vitamin C**	**22%**	**Iron**	**11%**
Protein 10 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens time the product is in the temperature danger zone (above 41°F).

TUNA PASTA SALAD PLATE

Yield: 50 portions *Portion:* 3½ oz salad mixture

Ingredient	*Amount*	*Procedure*
Shell macaroni	2 lb (AP) (6 lb cooked)	Cook macaroni according to directions on p. 369. Drain. Place in bowl.
Water, boiling	2 gal	
Salt	2 oz	
Vegetable oil	2 Tbsp	
Italian Dressing (p. 521)	1 qt	Pour dressing over cooked macaroni. Stir to coat evenly. Cover and refrigerate 6–8 hours.
Canned tuna	2 lb	Drain tuna. Carefully fold into macaroni.
Green peppers	1 lb 6 oz	Cut peppers into strips approximately 1 inch long. Add to macaroni mixture.
Stuffed green olives, chopped	4 oz	Add chopped olives to macaroni mixture.
Lettuce leaves	1 lb 8 oz	Place 1 lettuce leaf off center on dinner plate. Place 3½ oz (¾ cup) salad on lettuce.
Eggs, hard-cooked (p. 271)	25	Place half an egg on one side of macaroni salad.
Fresh tomatoes	6 lb	Cut each tomato into 8 wedges. Place 2 wedges on other side of salad. Place one hard roll on plate shortly before serving.
Hard rolls	50	

Approximate nutritive values per portion **Calories** 402

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 15 g	**23%**	**Cholest.** 112 mg	**37%**	**Total Carb.** 50 g	**17%**	**Vitamin A**	**11%**	**Calcium**	**9%**
Sat. Fat 3 g	**13%**	**Sodium** 651 mg	**27%**	Fiber 1 g	**5%**	**Vitamin C**	**39%**	**Iron**	**20%**
Protein 17 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens time product is in the temperature danger zone (above 41°F).

TUNA SALAD

Yield: 50 portions or 6¼ qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Eggs, hard-cooked (p. 271)	12	Peel and dice eggs.
Tuna, flaked	7 lb	Add vegetables, relish, and eggs to tuna. Mix lightly.
Celery, chopped	1 lb	
Cucumber, diced	1 lb	
Onion, minced	2 oz	
Pickle relish, drained	8 oz	
Mayonnaise	1 qt	Add mayonnaise to tuna mixture. Mix lightly to blend. Chill quickly to below 41° F. Serve with No. 8 dipper.

Approximate nutritive values per portion **Calories** 228

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**24%**	**Cholest.** 80 mg	**27%**	**Total Carb.** 3 g	**1%**	**Vitamin A**	**4%**	**Calcium**	**2%**
Sat. Fat 3 g	**13%**	**Sodium** 374 mg	**16%**	Fiber 0.2 g	**1%**	**Vitamin C**	**2%**	**Iron**	**7%**
Protein 18 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens time product is in the temperature danger zone (above 41°F).

Variations

- **Salmon Salad.** Substitute salmon for tuna.
- **Tuna Apple Salad.** Substitute tart, diced apples for cucumbers. Omit pickle relish.
- **Tuna Pea Salad.** Delete eggs and minced onion. Substitute 5 cups sour cream mixed with ½ cup lemon juice for the mayonnaise. Add 2 lb frozen green peas, thawed, 8 oz green pepper, and 8 oz sliced green onions.

STUFFED TOMATO SALAD

Yield: 50 portions *Portion:* 1 tomato

Ingredient	*Amount*	*Procedure*
Tomatoes, medium size	50	Place tomatoes in a wire basket and dip in boiling water. Let stand for 1 minute. Dip in cold water. Remove skins.
Chicken, crab, shrimp, tuna, or egg salad (chilled)	10 lb	Turn tomato stem end down. Cut, not quite through, into fourths. Fill with No. 12 dipper of salad.

Approximate nutritive values per portion **Calories** 248

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**25%**	**Cholest.** 30 mg	**10%**	**Total Carb.** 13 g	**4%**	**Vitamin A**	**8%**	**Calcium**	**6%**
Sat. Fat 2 g	**10%**	**Sodium** 628 mg	**26%**	Fiber 3 g	**10%**	**Vitamin C**	**40%**	**Iron**	**12%**
Protein 13 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- 50 medium-size tomatoes will weigh approximately 12 lb.

Variations

- **Tomato Cabbage Salad.** Combine 1 lb cabbage and 1 lb. celery, finely chopped, 1 Tbsp salt, and 1 cup mayonnaise for salad mixture. Fill tomato cup, using No. 40 dipper.
- **Tomato Cottage Cheese Salad.** Substitute 6 lb cottage cheese for salad mixture. Fill tomato cups, using No. 20 dipper.

COTTAGE CHEESE SALAD

Yield: 50 portions or 6 qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Tomatoes, fresh, peeled and diced	3 lb	Prepare vegetables.
Green peppers, chopped	4 oz	
Celery, diced	1 lb	
Cucumber, diced	1 lb	
Radishes, sliced	8 oz	
Cottage cheese, dry curd (see Notes)	6 lb	Just before serving, add vegetables and mix all ingredients gently.
Salt	1 oz (1½ Tbsp)	
Mayonnaise	3 cups	

Approximate nutritive values per portion **Calories** 150

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**17%**	**Cholest.** 11 mg	**4%**	**Total Carb.** 3 g	**1%**	**Vitamin A**	**3%**	**Calcium**	**3%**
Sat. Fat 2 g	**9%**	**Sodium** 328 mg	**14%**	Fiber 0.4 g	**2%**	**Vitamin C**	**13%**	**Iron**	**2%**
Protein 10 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens time product is in the temperature danger zone (above 41° F).
- If creamed cottage cheese is used, reduce mayonnaise to 1 cup and omit salt.

DELI PLATE

Yield: 50 portions *Portion:* 2½ oz salad + 2 oz meat and cheese

Ingredient	*Amount*	*Procedure*
Pasta Salad (p. 484) or Potato Salad (p. 488) or Macaroni Salad (p. 485)	9 lb	Prepare salad.
Pastrami, corned beef, or other cold cuts	3 lb	Wafer slice meat.
Lettuce leaves	1 lb 8 oz	Place lettuce leaf on dinner plate.
Swiss cheese, sliced	3 lb	Place one 1-oz cheese slice on lettuce. Portion 1 oz pastrami on cheese. Place No. 16 dipper pasta, potato, or macaroni salad on plate.
Tomatoes, sliced	6 lb 8 oz (EP)	Arrange on plate: 2 tomato slices 1 dill pickle spear 1 black olive
Dill pickle spears, drained	1 lb 8 oz	
Black olives	6 oz	
Rye bread	100 slices	Place alongside meat on plates.

Note
- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.

Variation
- Ham rolls or slices, sliced turkey, deviled or hard-cooked egg, green pepper ring, green onion, cucumber slices, onion slices, cherry tomato, or marinated mushrooms may be used.

TURKEY CROISSANT SALAD PLATE

Yield: 50 portions *Portion:* 2½ oz turkey

Ingredient	*Amount*	*Procedure*
Spinach, fresh, raw	2 lb (EP)	Prepare vegetables and fruits.
Tomatoes, fresh sliced	7 lb	
Oranges, navel, fresh, unpeeled, sliced	3 lb 3 oz	
Grapes, red seedless	6 lb	
Alfalfa sprouts	2 oz	
Smoked turkey, wafer-sliced	8 lb	
Croissants	50 (2½-oz size)	Assemble plates according to directions given below.

To Assemble Turkey Croissant Plates:

1. Line three-fourths of plate with ¾ oz spinach.
2. Place 2 tomato slices on spinach leaves.
3. Cut orange slices in half. Place beside tomato slices.
4. Place 2½ oz turkey beside orange slices.
5. Place 1 Tbsp alfalfa sprouts beside turkey.
6. Place a 2-oz cluster of grapes beside sprouts.
7. Place 1 croissant on plate.

Approximate nutritive values per portion **Calories** 304

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	**22%**	**Cholest.** 88 mg	**29%**	**Total Carb.** 31 g	**11%**	**Vitamin A**	**18%**	**Calcium**	**16%**
Sat. Fat 6 g	**28%**	**Sodium** 885 mg	**37%**	Fiber 3 g	**14%**	**Vitamin C**	**72%**	**Iron**	**17%**
Protein 17 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chicken salad, crab salad, shrimp salad, or other wafer-sliced deli meats may be substituted for smoked turkey. If substituting salad meat for solid meat, omit tomato slices and add another fruit (e.g., apples or plums).

FRUIT SALAD PLATE

Yield: 50 portions *Portion:* 6 oz fruit + 4 oz salad or sherbet

Ingredient	*Amount*	*Procedure*
Fruit in season (3–4 selections from fruits listed in Note)	20 lb (EP)	Prepare fruit.
Cottage cheese, Chicken Salad (p. 499), or sherbet	12 lb	Prepare salad according to recipe.
Nut bread sandwiches or muffins	50–100	
Lettuce	1 lb 8 oz	Prepare lettuce. Place lettuce leaf on dinner plate. Arrange fruit, salad, and bread on lettuce.

Note

- Choose a combination that offers contrast in shape, color, and flavor from the following lists:

Fruit suggestions

Apple wedges
Avocado wedges, slices, or halves
Bananas, cut in strips or chunks, rolled in chopped nuts
Cherries, sweet
Grape clusters, red or green
Grapefruit sections
Kiwi fruit
Mangoes
Melon: cantaloupe, honeydew, watermelon; cut in wedges, rings, or balls
Orange slices, half slices, sections
Papayas
Peach halves or slices: cream cheese filling, cranberry sauce, or cottage cheese in halves
Pear halves, filled, or slices
Pineapple chunks, spears, rings
Plums
Strawberries

Salad suggestions

Cheese strips or slices
Cottage cheese
Chicken salad
Sliced chicken or turkey
Ham roll

Bread suggestions

Hard roll
Muffin
Finger sandwich: chicken, tuna
Nut bread sandwich
Raisin bread–cream cheese sandwich

Garnishes (See p. 723 for additional garnish suggestions.)

Coconut
Lemon or lime wedge
Pomegranate seeds
Stuffed prune

RELISH RECIPES

BUTTERED APPLES

Yield: 50 portions or 7 qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Apples, fresh	13 lb (EP) (16 lb AP)	Wash apples and cut into sections. Remove cores. Arrange in pan.
Margarine, melted Water, hot Sugar, granulated Salt	8 oz 2 cups 1 lb 8 oz 1 Tbsp	Mix remaining ingredients and pour over apples. Cover and simmer until apples are tender, approximately 1 hour.

Approximate nutritive values per portion **Calories** 155

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	**6%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 32 g	**11%**	**Vitamin A**	**1%**	**Calcium**	**1%**
Sat. Fat 1 g	**4%**	**Sodium** 171 mg	**7%**	Fiber 3 g	**10%**	**Vitamin C**	**11%**	**Iron**	**1%**
Protein 0 g				Sugars 29 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Select apples that will hold their shape when cooked, such as Jonathan, Rome Beauty, or Winesap.
- Apple sections may be arranged in a counter pan and steamed until tender. Sprinkle margarine and sugar over the top and bake for 15–20 minutes.
- Hot buttered apples often are served in place of a vegetable.
- Frozen or canned apples may be used.

Variations

- **Apple Rings.** Cut rings of unpared apples, steam until tender. Add sugar and margarine and bake 15 minutes.
- **Cinnamon Apples.** Cut pared apples into rings. Add cinnamon drops (red-hots) for flavor and color. Proceed as for Buttered Apples but reduce sugar to 12 oz.
- **Fried Apples** Melt 1 lb margarine or butter in frying pan. Add sliced apples. Add 8 oz brown sugar, 1 tsp salt, and 1 tsp cinnamon. Cook apples, turning occasionally, until apples are lightly browned and just tender. Frozen apple slices, thawed and drained, may be used.

CRANBERRY RELISH (RAW)

Yield: 50 portions or 5 qt *Portion:* ⅓ cup (3 oz)

Ingredient	*Amount*	*Procedure*
Oranges, unpeeled	3 (size 72)	Wash and quarter oranges and apples.
Apples, cored	5 lb	Sort and wash cranberries.
Cranberries, raw	3 lb	Put fruit through chopper or grinder.
Sugar, granulated	2 lb 4 oz	Add sugar to fruit and blend. Chill for 24 hours. Serve with No. 16 dipper as a relish or salad.

Approximate nutritive values per portion **Calories** 123

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 32 g	**11%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 0 mg	**0%**	Fiber 2 g	**9%**	**Vitamin C**	**17%**	**Iron**	**0%**
Protein 0 g				Sugars 27 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation

- **Cranberry Orange Relish.** Delete apples. Increase oranges to 6 and sugar to 3 lb. Add ¼ cup lemon juice.

CRANBERRY SAUCE

Yield: 50 portions or 5 qt *Portion:* ⅓ cup

Ingredient	*Amount*	*Procedure*
Cranberries	4 lb (AP)	Wash cranberries. Discard soft berries.
Sugar, granulated	4 lb	Combine sugar and water. Bring to a boil.
Water	1 qt	Add cranberries and boil gently until skins burst. Do not overcook. Chill. Serve with No. 12 dipper.

Approximate nutritive values per portion **Calories** 158

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 41 g	**14%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 0 mg	**0%**	Fiber 2 g	**6%**	**Vitamin C**	**8%**	**Iron**	**0%**
Protein 0 g				Sugars 35 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Make sauce at least 24 hours before using.

Variations

- **Baked Cranberry Relish.** Wash and drain 4 lb cranberries. Stir in 2 lb 12 oz granulated sugar, ⅓ cup water, and 1 tsp cinnamon. Place berries in glass chafing dishes or other baking pan suitable for serving. Mix together 2½ cups chopped pecans, ½ cup grated fresh lemon rind, and 4 cups orange marmalade. Spread on top of berries. Bake at 350°F for 45 minutes. Serve warm.
- **Pureed Cranberry Sauce.** Add water to cranberries and cook until skins burst. Puree cranberries and add sugar. Cook until sugar is dissolved.
- **Royal Cranberry Sauce.** Make half of cranberry sauce recipe. When cool add 3 oranges, chopped; 1 lb apples, chopped; 1 lb white grapes, seeded; 1 lb pineapple, diced; and 4 oz coarsely chopped pecans. Serve with No. 24 dipper as a relish. Yield: 1 gal.

CORN RELISH

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Sugar, granulated	1 lb	Mix sugar, flour, and salt in steam-jacketed kettle or stockpot until well blended.
Flour, all-purpose	2 oz (½ cup)	
Salt	1 oz	
Water	1½ cups	Add to dry ingredients in kettle. Stir until smooth.
Vinegar, cider	1⅔ cups	Cook until thickened, stirring constantly.
Prepared mustard	6 Tbsp	
Corn, whole kernel, frozen, thawed	6 lb	Place corn and seasonings in baker's bowl. Pour hot dressing over corn and mix lightly.
Celery seed	1½ tsp	Serve chilled.
Pimiento, chopped, drained	3 oz	
Onions, fresh, finely chopped	2 oz	
Green peppers, chopped	3 oz	

Approximate nutritive values per portion **Calories** 84

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 21 g	7%	**Vitamin A**	1%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 247 mg	10%	Fiber 0 g	0%	**Vitamin C**	7%	**Iron**	2%
Protein 2 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation • **Black Bean and Corn Relish.** Substitute 2 lb cooked black beans for 2 lb corn.

SAUERKRAUT RELISH

Yield: 50 portions *Portion:* ⅓ cup (3 oz)

Ingredient	*Amount*	*Procedure*
Sauerkraut	1 No. 10 can	Combine all ingredients.
Carrots, shredded	1 lb	Refrigerate for at least 12 hours.
Celery, chopped	12 oz	
Onion, chopped	8 oz	
Green pepper, chopped	1 lb	
Sugar, granulated	1 lb 8 oz	

Approximate nutritive values per portion **Calories** 73

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 18 g	6%	**Vitamin A**	26%	**Calcium**	2%
Sat. Fat 0 g	0%	**Sodium** 399 mg	17%	Fiber 2 g	8%	**Vitamin C**	30%	**Iron**	5%
Protein 1 g				Sugars 14 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • Sauerkraut may be chopped before combining with other ingredients.

PICKLED BEETS

Yield: 50 portions or 2 gal *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Beets, canned, sliced or whole	2 No. 10 cans	Drain beets. Reserve 1 cup juice for next step.
Vinegar, cider	2 qt	Mix vinegar, sugars, spices, and liquid from beets.
Sugar, brown	1 lb	Heat to boiling point. Boil 5 minutes.
Sugar, granulated	8 oz	Pour hot mixture over beets.
Salt	1 tsp	Chill 24 hours before serving.
Pepper, black	½ tsp	
Cinnamon sticks	2	
Cloves, whole	1 tsp	
Allspice, whole	1 tsp	

Approximate nutritive values per portion **Calories** 74

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 21 g	**7%**	**Vitamin A**	**0%**	**Calcium**	**2%**
Sat. Fat 0 g	**0%**	**Sodium** 246 mg	**10%**	Fiber 1 g	**5%**	**Vitamin C**	**5%**	**Iron**	**9%**
Protein 1 g				Sugars 8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- If using fresh beets, cook 14 lb AP according to directions on p. 641. Peel and slice, then proceed as in the recipe. Substitute 1 cup water for beet juice.
- Sliced onions, separated into rings, may be added.
- Granulated sugar may be substituted for brown sugar.

MINTED TABOULI

Yield: 50 portions *Portion:* 2 oz

Ingredient	*Amount*	*Procedure*
Bulgur	8 oz	Combine bulgar and water in large mixing bowl. Let stand at least 2 hours.
Water	1¼ qt	Drain well.
Tomatoes, fresh, seeded and diced	1 lb	Add to bulgur.
Cucumbers, peeled and chopped	6 oz	
Red onions, finely chopped	6 oz	
Parsley, fresh, chopped	2 oz	
Mint leaves, coarsely chopped	½ oz	
Lemon juice, fresh	1¼ cups	Blend lemon juice, oil, and spices.
Olive oil	½ cup	Pour over bulgur mixture. Toss to blend. Cover.
Salt	2¼ tsp	Refrigerate for at least 12 hours before serving. Keeps well.
Pepper, black	1 tsp	
Sugar, granulated	1½ tsp	

Approximate nutritive values per portion **Calories** 41

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**4%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 5 g	**2%**	**Vitamin A**	**1%**	**Calcium**	**0%**
Sat. Fat 1 g	**2%**	**Sodium** 100 mg	**4%**	Fiber 1 g	**5%**	**Vitamin C**	**8%**	**Iron**	**1%**
Protein 1 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Salad oil may be substituted for olive oil. Mint leaves may be omitted for plain Tabouli.

SALAD DRESSING RECIPES

MAYONNAISE

Yield: 1 gal

Ingredient	*Amount*	*Procedure*
Egg yolks (see Notes) Salt Paprika Dry mustard	8 (5 oz) 2 oz (3 Tbsp) 2 tsp 2 Tbsp	Place egg yolks and seasonings in mixer bowl. Mix thoroughly, using wire whip attachment.
Vinegar, cider	¼ cup	Add vinegar and blend.
Salad oil	2 qt	Add oil very slowly, beating steadily on high speed until an emulsion is formed. Oil may then be added, ½ cup at a time and later 1 cup at a time, beating well after each addition.
Vinegar, cider	¼ cup	Add vinegar. Beat well.
Salad oil	2 qt	Continue beating and adding oil until all oil has been added and emulsified.

Approximate nutritive values per portion **Calories** 246

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 28 g	**43%**	**Cholest.** 14 mg	**5%**	**Total Carb.** 0 g	**0%**	**Vitamin A**	**2%**	**Calcium**	**0%**
Sat. Fat 7 g	**36%**	**Sodium** 150 mg	**6%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 0 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- For safety reasons, the use of pasteurized frozen egg yolks is recommended.
- The addition of oil too rapidly or insufficient beating may cause the oil to separate from the other ingredients, resulting in a curdled appearance. Curdled or broken mayonnaise may be reformed by adding it (a small amount at a time) to 2 well-beaten egg yolks or eggs and beating well after each addition. It also may be reformed by adding it to a small portion of uncurdled mayonnaise.

Variations **To make approximately 2 qt dressing:**

- **Buttermilk Dressing.** To 1 qt mayonnaise, add 1 qt buttermilk, 2 tsp basil, ½ tsp oregano, 1 Tbsp finely chopped fresh parsley, 1 clove garlic, minced, 2 tsp black pepper, 2 oz chopped onion, and 1 tsp tarragon.
- **Campus Dressing.** To 2 qt mayonnaise, add ⅓ cup fresh parsley, ¼ cup chopped green pepper, and ½ cup finely chopped celery.
- **Chantilly Dressing.** To 1½ qt mayonnaise, fold in 1½ cups cream, whipped.
- **Creamy Blue Cheese Dressing.** To 1 qt mayonnaise, add 2 cups (1 lb) sour cream, ¼ cup lemon juice, 1 Tbsp grated onion, 1 tsp salt, and 8 oz finely crumbled blue cheese.
- **Dilly Dressing.** To 1½ qt mayonnaise, add 2 cups evaporated milk or buttermilk, 1 Tbsp seasoned salt, 1 tsp garlic powder, and ¼ cup chopped dill weed.
- **Egg and Green Pepper Dressing.** To 1¾ qt mayonnaise, add 12 chopped hard-cooked eggs, ¼ cup finely chopped green pepper, 2 Tbsp onion juice, and a few grains cayenne pepper.

(continues)

- **Garden Dressing.** Combine 3 cups mayonnaise and 1½ qt (3 lb) sour cream. Add 3 oz granulated sugar, 2 tsp salt, and 1 tsp black pepper. Fold in 12 oz thinly sliced green onions, 8 oz thinly sliced radishes, 8 oz chopped cucumbers, and 8 oz minced green pepper. This may be used for a vegetable dip also.
- **Green Peppercorn Cream Dressing.** To 1 cup mayonnaise, add 1¼ qt (2 lb 8 oz) sour cream, 1 cup Dijon-style mustard, ⅓ cup finely crushed and drained green peppercorns, ¼ cup white wine vinegar, and ⅔ cup chopped parsley (optional).
- **Honey Cream Dressing.** Blend together 4 oz cream cheese, 1⅓ cups honey, 1 cup lemon or pineapple juice, and ¼ tsp salt; then fold into 1½ qt mayonnaise.
- **Honey Yogurt Dressing.** To 1 cup mayonnaise, add 1½ qt unflavored yogurt, ⅓ cup honey, ¼ cup raspberry vinegar, 2 Tbsp lemon juice, and 1 Tbsp grated fresh orange peel.
- **Horseradish Cream Dressing.** To 1 cup mayonnaise, add 1½ qt (3 lb) sour cream, 2 Tbsp lemon juice, 2 tsp curry powder, 5 oz horseradish, 1 tsp salt, and 1 tsp paprika.
- **Roquefort Dressing.** To 1½ qt mayonnaise, add 2 cups French dressing, 8 oz crumbled Roquefort cheese, and 2 tsp Worcestershire sauce.
- **Russian Dressing.** To 2 qt mayonnaise, add 2 cups chili sauce, 2 Tbsp Worcestershire sauce, 2 tsp onion juice, and a few grains of cayenne.
- **Sour Cream Basil Dressing.** To 1 cup mayonnaise, add ¾ cup vinegar, 1½ qt (3 lb) sour cream, 1 oz granulated sugar, 1½ oz salt, 1½ Tbsp celery seed, and 2 Tbsp basil leaves.
- **Thousand Island Dressing.** To 1½ qt mayonnaise, add 1½ oz minced onion, 3 oz chopped pimiento, 1 cup chili sauce, 8 chopped hard-cooked eggs, 1 tsp salt, ¼ cup pickle relish, and a few grains of cayenne.

COOKED SALAD DRESSING

Yield: 3 gal

Ingredient	*Amount*	*Procedure*
Sugar, granulated Flour, all-purpose Salt Dry mustard	3 lb 1 lb 8 oz 6 oz 3 oz	Combine dry ingredients in a steam-jacketed kettle or stockpot.
Water, cold	1 qt	Add water to dry ingredients and stir with wire whip until a smooth paste is formed.
Milk, hot Water, hot	1 gal 2 qt	Add hot milk and water, stirring continuously while adding. Cook 20 minutes, or until thickened.
Margarine Vinegar, cider, hot	1 lb 3 qt	Stir in margarine and vinegar.
Egg yolks, beaten (see Notes)	50 (2 lb)	Add cooked mixture slowly to egg yolks, stirring briskly. Cook 7–10 minutes. Remove from heat and cool quickly to below 41° F.

Approximate nutritive values per ounce **Calories** 44

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 32 mg	11%	**Total Carb.** 6 g	2%	**Vitamin A**	5%	**Calcium**	1%
Sat. Fat 1 g	3%	**Sodium** 189 mg	8%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	1%
Protein 1 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F.
- 25 whole eggs may be substituted for egg yolks, and hot water for hot milk.

Variation

- **Combination Dressing.** Combine 1 qt Cooked Salad Dressing and 1 qt mayonnaise.

CHILEAN DRESSING

Yield: 1½ qt

Ingredient	*Amount*	*Procedure*
Salad oil	2 cups	Combine all ingredients.
Vinegar, cider	1 cup	Beat on low speed until well blended.
Sugar, granulated	4 oz	Store in covered container.
Salt	2 tsp	Shake or beat well before serving.
Onion, finely chopped	2 oz	
Chili sauce	2 cups	
Catsup	1 cup	

Approximate nutritive values per ounce **Calories** 106

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**14%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 7 g	**2%**	**Vitamin A**	**2%**	**Calcium**	**0%**
Sat. Fat 2 g	**12%**	**Sodium** 275 mg	**11%**	Fiber 0 g	**0%**	**Vitamin C**	**3%**	**Iron**	**0%**
Protein 0 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

BACON DRESSING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Bacon, sliced, cut into 1-inch pieces	12 oz	Fry bacon until crisp. Remove from fat.
Onions, finely chopped	4 oz	Sauté onions in bacon fat.
Sugar, granulated	8 oz	Add sugar, vinegar, and water to sautéed onions.
Vinegar, cider	¼ cup	Bring to boiling point.
Water	1½ cups	Cool.
Mayonnaise (p. 517)	3 cups	Place Mayonnaise in mixer bowl. Add cooled onion-vinegar mixture slowly, beating on low speed until smooth. Stir in bacon pieces. Serve with tossed green salad.

Approximate nutritive values per ounce **Calories** 97

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**14%**	**Cholest.** 7 mg	**2%**	**Total Carb.** 4 g	**1%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 1 g	**7%**	**Sodium** 83 mg	**3%**	Fiber 0 g	**0%**	**Vitamin C**	**1%**	**Iron**	**0%**
Protein 1 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. Store for service at an internal temperature below 41° F.

SOUR CREAM DRESSING

Yield: 3 qt

Ingredient	*Amount*	*Procedure*
Eggs, beaten Sour cream	16 (1 lb 12 oz) 1 qt	Mix eggs and sour cream.
Sugar, granulated Flour, all-purpose Water, cold	2 lb 1½ oz 1 cup	Combine sugar and flour. Add water and mix only until smooth. Add to the cream and egg mixture.
Vinegar, cider	2 cups	Add vinegar and cook until thick. Stir as necessary. Chill quickly to below 41°F.

Approximate nutritive values per ounce **Calories** 107

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	**7%**	**Cholest.** 59 mg	**20%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**5%**	**Calcium**	**2%**
Sat. Fat 2 g	**11%**	**Sodium** 24 mg	**1%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**1%**
Protein 2 g				Sugars 14 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F.
- 2 cups cream, whipped, may be added before serving.

FRENCH DRESSING (THICK)

Yield: 2 qts

Ingredient	*Amount*	*Procedure*
Sugar, granulated Paprika Dry mustard Salt Onion juice	2 lb 2 Tbsp 4 tsp 2 Tbsp 1½ tsp	Combine sugar and seasonings in mixer bowl, using wire whip attachment.
Vinegar, cider	1½ cups	Add vinegar. Mix well.
Salad oil	1 qt	Add oil gradually in small amounts. Beat well after each addition.

Approximate nutritive values per ounce **Calories** 235

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 18 g	**28%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 20 g	**7%**	**Vitamin A**	**1%**	**Calcium**	**0%**
Sat. Fat 5 g	**24%**	**Sodium** 267 mg	**11%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 0 g				Sugars 18 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- If a French Dressing of usual consistency is desired, use only 8 oz of sugar.

Variations

- **Celery Seed Dressing.** Add 2 oz celery seed.
- **Poppy Seed Dressing.** Add 1 oz poppy seed.

FRENCH DRESSING

Yield: 3 qt

Ingredient	*Amount*	*Procedure*
Salt	2 oz (3 Tbsp)	Combine dry ingredients in mixer bowl.
Dry mustard	2 Tbsp	
Paprika	2 Tbsp	
Pepper, black	1 Tbsp	
Vinegar, cider	1 qt	Add vinegar and onion juice to dry ingredients.
Onion juice	4 tsp	Add salad oil slowly. Beat on high speed until thick and blended.
Salad oil	2 qt	This is a temporary emulsion that separates rapidly. Beat well or pour into a jar and shake vigorously just before serving.

Approximate nutritive values per ounce **Calories** 161

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 18 g	**28%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 0 g	**0%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 5 g	**24%**	**Sodium** 204 mg	**9%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 0 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations Prepare by adding the following to 3 qt (1 recipe) French Dressing:

- **Chiffonade Dressing.** Add ⅓ cup chopped fresh parsley, 4 oz chopped onion, 6 oz chopped green pepper, 4 oz chopped red pepper or pimiento, and 16 chopped hard-cooked eggs.
- **Italian Dressing.** Delete paprika. Add 2 tsp oregano, ¼ tsp garlic powder, and 1 Tbsp basil.
- **Mexican Dressing.** Add 3 cups chili sauce, 10 oz chopped green pepper, 2 oz chopped onion, and 1 Tbsp cilantro.
- **Oil and Vinegar.** Delete mustard, paprika, and onion juice.
- **Roquefort Cheese Dressing.** Add French Dressing slowly, while whipping, to 1 lb finely crumbled Roquefort cheese. 1 qt cream may be mixed with cheese before it is added to the dressing.
- **Sesame Seed Dressing.** Delete salt, paprika, pepper, and onion juice. Increase mustard to ¼ cup and vinegar to 5½ cups. Add 3½ cups granulated sugar, 1¼ cups soy sauce, and ½ cup toasted sesame seeds.
- **Tarragon Dressing.** Use tarragon vinegar in place of cider vinegar.
- **Tomato Dressing.** Add 1 lb granulated sugar, 1½ qt tomato soup, and ¼ cup celery or poppy seeds. Increase onion juice to 2 Tbsp.

HONEY FRENCH DRESSING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Dry mustard	4 tsp	Mix mustard, salt, and celery seed in large mixing bowl.
Salt	1 tsp	
Celery seed or poppy seed	4 tsp	
Honey	2 cups	While mixing, add remaining ingredients in order listed.
Vinegar, cider	1¼ cups	
Lemon juice	¼ cup	
Onion, grated	1 Tbsp	
Salad oil	1 qt	

Approximate nutritive values per ounce **Calories** 155

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	**21%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 9 g	**3%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 4 g	**18%**	**Sodium** 34 mg	**1%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 0 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

HONEY LIME DRESSING

Yield: 3 qt

Ingredient	*Amount*	*Procedure*
Mayonnaise, low fat	1 qt	Measure all ingredients into mixer bowl. Blend together, using wire whip.
Yogurt, plain	1 qt	
Honey	2 cups	Cover and refrigerate. Store (below 41°F).
Lime juice, fresh	2 cups	
Celery seed	1 Tbsp	

Approximate nutritive values per ounce **Calories** 45

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0.8 g	**1%**	**Cholest.** .6 mg	**0%**	**Total Carb.** 10 g	**3%**	**Vitamin A**	**7%**	**Calcium**	**2%**
Sat. Fat 0.1 g	**1%**	**Sodium** 100 mg	**4%**	Fiber 0 g	**0%**	**Vitamin C**	**2%**	**Iron**	**0%**
Protein 0.6 g				Sugars 8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature below 41°F. Do not mix old product with new.

BASIL VINAIGRETTE DRESSING

Yield: 1½ qt

Ingredient	*Amount*	*Procedure*
Vinegar, cider	2 cups	Combine in mixer bowl, using wire whip.
Water	¾ cup	
Sugar, granulated	2 oz	
Garlic, fresh, minced	1½ Tbsp	
Salt	2 oz	
Basil, dried, crumbled	⅔ cup	
Salad oil	2 cups	Add oil very gradually while mixing.
Olive oil	½ cup	Store covered in the refrigerator.
		Stir before serving.

Approximate nutritive values per ounce **Calories** 108

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**18%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 2 g	**1%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 3 g	**14%**	**Sodium** 468 mg	**20%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 0 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

VINAIGRETTE DRESSING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Vinegar, cider	2 cups	Combine in mixer bowl.
Salt	1½ oz	
Pepper, white	2 tsp	
Pepper, cayenne	¼ tsp	
Salad oil	2½ cups	Combine oils. Add very slowly to vinegar mixture, mixing on low speed until oil is blended in.
Olive oil	2¾ cups	
Parsley, fresh chopped	½ cup	Add to dressing. Mix. Store in refrigerator.
Garlic, minced	5 cloves	Stir or shake before serving.
Chives, frozen	½ cup	
Capers	4 oz	

Approximate nutritive values per ounce **Calories** 158

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 18 g	**27%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 0 g	**0%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 3 g	**17%**	**Sodium** 258 mg	**11%**	Fiber 0 g	**0%**	**Vitamin C**	**1%**	**Iron**	**0%**
Protein 0 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Dijon Mustard Vinaigrette.** Combine 2½ cups red wine vinegar, ¾ oz chopped chives, ¾ cup Dijon mustard, and 1 oz (1½ Tbsp) salt in mixer bowl. Slowly add 4¾ cups salad oil while mixing on medium speed, using wire whip. Mix until oil is blended in. Makes approximately 2 qt.
- **Lemon Basil Dressing.** Combine 2 cups cider vinegar, 1½ cups lemon juice, 6 oz granulated sugar, 2½ oz salt, and 4½ Tbsp dried basil leaves. Gradually add 3 cups salad oil.
- **Lime Salad Dressing.** Combine in mixer bowl 2½ cups frozen reconstituted lime juice, 1¼ cups sugar, 2 oz salt, 1 tsp white pepper, ¾ tsp red pepper, and 1½ tsp celery salt. Add 4½ cups salad oil very slowly, mixing on medium speed until oil is blended in. Makes approximately 2 qt dressing.
- **Pimiento Vinaigrette Dressing.** Substitute 4 oz diced pimiento for capers.

SWEET SESAME VINAIGRETTE DRESSING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Sugar, granulated	1 lb 10 oz	Combine in mixer bowl.
Sesame seeds	4 oz	
Poppy seeds	2 oz	
Paprika	1½ tsp	
Onion, minced	3 Tbsp	
Worcestershire sauce	1½ tsp	
Salad oil	3 cups	Using a whip attachment to mix, add vinegar and oil in a slow stream.
Vinegar, cider	1⅔ cups	Whip for at least 1 minute and make sure sugar is dissolved.

Approximate nutritive values per ounce **Calories** 113

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	13%	**Cholest.** 0 mg	0%	**Total Carb.** 10 g	3%	**Vitamin A**	0%	**Calcium**	2%
Sat. Fat 2 g	11%	**Sodium** 0 mg	0%	Fiber 0.3 g	1%	**Vitamin C**	0%	**Iron**	1%
Protein 0 g				Sugars 8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Serve over fresh greens and fruit.

CREAMY VINAIGRETTE

Yield: 3 qt

Ingredient	*Amount*	*Procedure*
Rice wine vinegar	1 qt	Blend in mixer bowl, using flat beater.
Red wine	3 cups	
Plain yogurt	3 cups	
Whole grain mustard	1 cup	
Dijon mustard	1 cup	
Garlic cloves, minced	1 oz (EP)	Mix garlic, onions, fresh basil, and spices into yogurt mixture.
Red onion, finely diced	6 oz (EP)	
Green onion, sliced into thin rings	8 oz (EP)	Store covered in refrigerator for up to 1 week.
		Shake before serving.
Basil, finely chopped	¼ cup	
Mustard seed, whole	2 tsp	
Tarragon, dried	1 tsp	
Oregano, whole, dried	2 tsp	
Pepper, black	2 tsp	

Approximate nutritive values per ounce **Calories** 25

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0.5 g	1%	**Cholest.** 0.5 mg	0%	**Total Carb.** 4 g	1%	**Vitamin A**	3%	**Calcium**	2%
Sat. Fat 0 g	0%	**Sodium** 148 mg	6%	Fiber 0.2 g	1%	**Vitamin C**	1%	**Iron**	1%
Protein 0.8 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature below 41°F. Do not mix old product with new.

Variation
- **Creamy Raspberry Vinaigrette.** Delete oregano. Add 8 oz pureed fresh raspberries.

HOT VINAIGRETTE (FOR SALAD GREENS)

Yield: 50 portions (1¾ qt) *Portion:* 2 Tbsp (1 oz)

Ingredient	*Amount*	*Procedure*
Balsamic vinegar	1½ qt	Combine vinegar, honey, and mustard in a steam-jacketed kettle or saucepan. Using a wire whip, mix until blended.
Honey	½ cup	
Dijon mustard	¼ cup	
Green onions, sliced into thin rings	2 oz (EP)	Add onions, garlic, and spices to vinegar mixture. Heat over medium heat to 200°F.
Garlic cloves, minced	1 oz (EP)	
Tarragon, dried whole	2 Tbsp	
Pepper, coarse ground black	1 tsp	
Salt	½ tsp	
		Spoon 2 Tbsp over single servings of bitter greens or fresh spinach leaves.

Approximate nutritive values per ounce **Calories** 55

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 12 g	4%	**Vitamin A**	0%	**Calcium**	1%
Sat. Fat 0 g	0%	**Sodium** 36 mg	2%	Fiber 0 g	0%	**Vitamin C**	1%	**Iron**	1%
Protein 0 g				Sugars 11 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

APPLE CIDER DRESSING

Yield: 1 qt

Ingredient	*Amount*	*Procedure*
Apple cider	1 gal	In steam-jacketed kettle, slowly boil apple cider with cinnamon sticks and cloves until reduced by ¾ and slightly thickened. Discard cinnamon sticks and cloves.
Cinnamon stick	4 sticks	
Cloves, whole	1 tsp	
Mustard, stone ground	⅓ cup	Using a wire whip, mix mustard, oil, pepper, and poppy seed. Serve at room temperature. Shake or mix before serving.
Olive oil	½ cup	
Pepper, coarse ground black	¼ tsp	
Poppy seed	1 tsp	

Approximate nutritive values per ounce **Calories** 95

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	6%	**Cholest.** 0 mg	0%	**Total Carb.** 17 g	6%	**Vitamin A**	0%	**Calcium**	1%
Sat. Fat 0.5 g	2%	**Sodium** 38 mg	2%	Fiber 0.2 g	1%	**Vitamin C**	2%	**Iron**	4%
Protein 0.3 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

CELERY SEED FRUIT DRESSING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Sugar, granulated	1 lb 8 oz	Mix dry ingredients in kettle.
Cornstarch	⅓ cup	
Dry mustard	2 Tbsp	
Salt	2 Tbsp	
Paprika	2 Tbsp	
Vinegar, cider	2 cups	Add vinegar to dry ingredients. Stir and cook until thickened and clear.
Onion juice	1 tsp	Add onion juice. Cool to room temperature.
Salad oil	1 qt	Add oil slowly to cooked mixture while beating on high speed.
Celery seed	2 Tbsp	Add celery seed. Serve with any fruit salad combination.

Approximate nutritive values per ounce **Calories** 167

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	**21%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 12 g	**4%**	**Vitamin A**	**1%**	**Calcium**	**0%**
Sat. Fat 4 g	**18%**	**Sodium** 201 mg	**8%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**1%**
Protein 0 g				Sugars 10 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Golden Fruit Dressing.** Add 1½–2 Tbsp prepared mustard after mixture has cooked.
- **Poppy Seed Fruit Dressing.** Add poppy seed in place of celery seed.

FRUIT SALAD DRESSING

Yield: 4 qt

Ingredient	*Amount*	*Procedure*
Pineapple juice	1 qt	Combine juices. Heat to boiling point.
Orange juice	3 cups	
Lemon juice	2 cups	
Sugar, granulated	2 lb	Mix sugar and cornstarch.
Cornstarch	5 oz	Add to hot mixture while stirring with a wire whip.
Eggs, beaten	16 (1 lb 12 oz)	Add eggs to hot mixture while stirring. Cook until thickened. Chill quickly (within 4 hours) to below 41°F.
Cream, whipping	2 cups	Whip cream and fold into dressing just before serving. Serve with fruit salads.

Approximate nutritive values per ounce **Calories** 53

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**2%**	**Cholest.** 27 mg	**9%**	**Total Carb.** 9 g	**3%**	**Vitamin A**	**2%**	**Calcium**	**0%**
Sat. Fat 1 g	**4%**	**Sodium** 9 mg	**1%**	Fiber 0 g	**0%**	**Vitamin C**	**5%**	**Iron**	**0%**
Protein 1 g				Sugars 8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. Store for service at an internal temperature below 41°F.

YOGURT HERB DRESSING

Yield: 3½ qt

Ingredient	*Amount*	*Procedure*
Yogurt, plain	6 lb	Blend in mixer bowl, using flat beater.
Salad dressing	1 lb	
Prepared horseradish	4 oz	
Basil, dried, crumbled	1 Tbsp	Add seasonings. Blend well. Store in refrigerator in covered containers.
Tarragon, dried, crumbled	1 Tbsp	
Thyme, ground	½ tsp	
Celery seed	1 Tbsp	
Pepper, black, cracked	1 Tbsp	

Approximate nutritive values per ounce — **Calories** 30

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**3%**	**Cholest.** 4 mg	**1%**	**Total Carb.** 2 g	**1%**	**Vitamin A**	**1%**	**Calcium**	**3%**
Sat. Fat 1 g	**3%**	**Sodium** 49 mg	**2%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 1 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F.
- May be used as a dip for fresh vegetables.

YOGURT ORANGE DRESSING

Yield: 3½ qt

Ingredient	*Amount*	*Procedure*
Yogurt, plain	6 lb	Measure all ingredients into mixer bowl. Blend together, using wire whip.
Honey	1¼ cups	
Orange juice concentrate, thawed	6 oz	Refrigerate covered until chilled. Serve over fruit.
Cinnamon, ground	1½ tsp	
Nutmeg, ground	1 tsp	

Approximate nutritive values per ounce — **Calories** 29

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	**1%**	**Cholest.** 3 mg	**1%**	**Total Carb.** 5 g	**2%**	**Vitamin A**	**0%**	**Calcium**	**3%**
Sat. Fat 1 g	**3%**	**Sodium** 11 mg	**1%**	Fiber 0 g	**0%**	**Vitamin C**	**3%**	**Iron**	**0%**
Protein 1 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F.
- May be used as a dip for fresh fruit.

CUCUMBER YOGURT DRESSING

Yield: 2½ qt

Ingredient	*Amount*	*Procedure*
Salad dressing	2 cups	Combine in mixer bowl.
Sour cream	12 oz	
Garlic, fresh, minced	1 Tbsp	
Chives, frozen	½ cup	
Salt	1½ tsp	
Pepper, black	⅛ tsp	
Cucumbers, fresh	1 lb 8 oz (AP)	Peel and seed cucumbers. Chop finely. Add to sour cream mixture.
Yogurt, plain	3½ cups	Fold in. Chill.

Approximate nutritive values per ounce **Calories** 39

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	**5%**	**Cholest.** 5 mg	**2%**	**Total Carb.** 2 g	**1%**	**Vitamin A**	**2%**	**Calcium**	**1%**
Sat. Fat 1 g	**5%**	**Sodium** 88 mg	**4%**	Fiber 0 g	**0%**	**Vitamin C**	**1%**	**Iron**	**0%**
Protein 1 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. Store for service at an internal temperature below 41°F.

GARLIC HERB DRESSING

Yield: 1½ qt

Ingredient	*Amount*	*Procedure*
Nonfat cream cheese, softened	1 lb 12 oz	Beat cream cheese until smooth and creamy. Add milk and vinegar, beating until smooth.
Skim milk	1¼ cups	
Tarragon vinegar	¼ cup	
Garlic, minced	6 cloves	Stir in garlic, onion and spices. Chill quickly (within 4 hours) to below 41°F.
Onion, minced	6 oz	
Tarragon, dried	1 tsp	
Parsley flakes, dried	1 Tbsp	
Celery seed	½ tsp	
Pepper, black	¾ tsp	
Salt	¾ tsp	

Approximate nutritive values per ounce **Calories** 19

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 1 g	**1%**	**Vitamin A**	**5%**	**Calcium**	**6%**
Sat. Fat 0 g	**0%**	**Sodium** 136 mg	**6%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 3 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Hold for service at a temperature below 41°F.
- Serve as a dip for vegetables or dressing for salad greens.

CHAPTER 12

Sandwiches

Sandwiches continue to be favorite choices for the noon and evening meals. They have become popular, too, at breakfast or any meal throughout the day where a fast, flavorful meal is desired. Sandwiches are also popular as hors d'oeuvres or buffet foods. Sandwiches may be closed or open faced and may be served hot or cold. Nutritional requirements are easily satisfied by choosing breads and fillings that are high in fiber, low in fat, and low in cholesterol.

PREPARATION OF INGREDIENTS

Sandwich ingredients include bread, spread, filling, and vegetable accompaniments. Many ingredient variations are possible, but the basic procedures for preparing ingredients are the same.

Breads

Different breads and rolls add variety in flavor, texture, size, and shape. In addition to the traditional loaves, foccacia, pita, tortillas, quick breads, and flavored speciality breads may be used for sandwiches.

Bread should be kept fresh during and after preparation. Keep bread tightly wrapped until used. French bread or other crusty breads, however, should not be wrapped because the crust will soften. They should be used the day they are baked. Bread should not be refrigerated, because it will become stale faster than if kept at room temperature. If bread must be kept longer than 1–2 days, it may be frozen. Defrost frozen bread without unwrapping.

Spreads

Bread for sandwiches is first spread with plain or seasoned margarine or butter, mayonnaise, mustard, olive paste, pesto, chutney, or a Sandwich Spread (p. 534). Covering bread evenly with a spread helps keep the sandwich from becoming soggy. Margarine or butter may be softened by letting it stand at room temperature, or it may be whipped for easy spreading (see p. 534). Allow 1 tsp of spread per slice of bread.

Fillings

Slice meat and cheese into even slices. Tender meats may be sliced thicker than less tender ones. A serving of thinly sliced or wafer-sliced meats usually appears larger than an equal weight of thicker slices. Since sliced meats and cheese dry out quickly, they should be sliced only as needed and kept covered. Mixed fillings should be prepared the day they are served and kept chilled. Nonmeat fillings in addition to cheese may include salads and grilled or fresh vegetables.

Vegetable Accompaniments

Prepare greens, tomato and onion slices, and pickles or other vegetable accompaniments. Ingredients should be fresh, crisp, and attractive. See pp. 465–467 for preparing vegetable accompaniments.

PREPARATION OF SANDWICHES

Closed Sandwiches

1. Prepare filling and spread.
2. Arrange fresh bread in rows on a baking sheet or a worktable. Four rows of 10 slices each is a manageable number.
3. Spread all bread slices to the edges with softened margarine or butter or other spread.
4. Portion filling with dipper or spoon on alternate rows of bread and spread to the edges, or arrange sliced filling to fit the sandwich.
5. If lettuce or other vegetable accompaniment is used, arrange on filling. If sandwiches are to be held for some time, vegetable accompaniments should be omitted.
6. Place plain buttered (or spread) slices of bread on the filled slices.
7. If the sandwiches are to be cut in half or in fourths, stack two or three together and cut with a sharp knife, being careful not to mash bread.
8. To keep sandwiches fresh, place in sandwich bags or plastic wrap. Avoid stacking sandwiches more than three high, because stacking insulates the filling and prevents it from reaching the desired temperature as quickly as it should.
9. Refrigerate until served. If freezing sandwiches for later use, see precautions on p. 533.
10. Handle bread and fillings as little as possible during preparation. Use plastic gloves or tongs when picking up food.

Grilled and Toasted Sandwiches

1. For a grilled sandwich, place filling between two slices of bread. Fillings may be sliced cheese, meat, or poultry; chopped fillings as in salads; or a combination of fillings as in a Reuben Sandwich (p. 555).
2. Brush the outside with melted margarine or butter. For large quantities, a brush or roller dipped in the melted spread may be used. The steps for this method are: (a) Place parchment paper in bottom of baking sheet. (b) Place bread slices directly on coated paper. Add filling to all slices in pan. (c) Top with slices of bread.
3. Brown sandwich on a griddle, in a hot oven, or under a broiler.
4. For a toasted sandwich, toast the bread before filling.

Open-Faced Hot Sandwiches

1. Place buttered or unbuttered bread on a serving plate.
2. Cover with hot meat or other filling.
3. Top with gravy, sauce, or other topping.
4. For a hot sandwich that is to be broiled, arrange slices of bread on a baking sheet. Cover with slices of cheese or other topping. Broil just before serving.

Canapés

1. Remove crusts from bread.
2. Cut into desired shapes.
3. Spread with softened margarine or butter.
4. Cover with filling.
5. Decorate with parsley, sliced olives, sliced radishes, pimiento pieces, chopped hard-cooked eggs, or other garnish.

Ribbon Sandwiches

1. Remove crusts from two kinds of bread, being careful to have all slices the same size.
2. Spread one or more fillings on slices of breads.
3. Make stacks of five slices of bread, alternating kinds of bread.
4. Press together firmly.
5. Arrange stacks in shallow pan; cover with plastic wrap, plastic bag, or waxed paper.
6. Chill for several hours.
7. To serve, cut each slice into thirds, halves, or triangles.

Checkerboard Sandwiches

1. Spread slices of white and whole wheat bread with desired filling.
2. Make stacks of ribbon sandwiches by alternating two slices of white and two slices of whole wheat bread. Trim and cut each stack into ½-inch slices.
3. Using butter or smooth spread as a filling, stack three slices together so that white and whole wheat squares alternate to give a checkerboard effect.
4. Chill for several hours.
5. Remove from refrigerator and, with sharp knife, slice into checkerboard slices, ½ inch thick.

Rolled Sandwiches

1. Remove crusts from three sides of a loaf of unsliced bread.
2. With crust at left, cut loaf into lengthwise slices ⅛–¼ inch thick.
3. Run rolling pin the length of each slice to make it easier to handle.
4. Spread with softened margarine or butter.
5. Spread with desired smooth filling.
6. Place olives, watercress, or other foods across the end.
7. Starting at end with garnish, roll tightly, being careful to keep sides straight. Tight rolling makes for easier slicing.
8. Wrap rolls individually in waxed paper or aluminum foil, twisting ends securely.
9. Chill several hours or overnight. Rolls may be made ahead of time, then wrapped and frozen. Let thaw about 45 minutes before slicing.
10. Cut chilled rolls into ¼–⅓ inch slices.

FREEZING SANDWICHES

When making sandwiches to be frozen for later use, certain precautions should be taken.

1. Spread bread with margarine or butter instead of mayonnaise or salad dressing.
2. Do not use fillings containing mayonnaise, egg white, or some vegetables such as tomatoes and parsley. Chicken, meat, fish, cheese, and peanut butter freeze well.
3. Place large closed sandwiches individually in a sandwich bag or wrap individually in plastic wrap.
4. Pack tea-sized closed sandwiches in layers, separated by waxed paper or plastic wrap, in freezer boxes; or place in any suitable box and overwrap with moisture-proof material.
5. Place open-faced sandwiches on trays, wrap as for closed sandwiches.
6. Wrap ribbon, closed, or other loaf sandwiches uncut.
7. Allow 1–2 hours for sandwiches to defrost. Do not remove outer wrapping until sandwiches are partly thawed.
8. If sandwiches are not served immediately after thawing, refrigerate until serving time.

SANDWICH RECIPES

WHIPPED MARGARINE OR BUTTER

Yield: spread for 50 sandwiches *Portion:* 1 tsp per slice

Ingredient	*Amount*	*Procedure*
Margarine or butter	1 lb	Place in mixer bowl. Let stand at room temperature until soft enough to mix.
Milk or boiling water (optional)	½ cup	Add milk or water while whipping. Mix on low speed, gradually increasing to high speed. Whip until fluffy.

Variations

- **Honey Butter.** Cream 1 lb butter or margarine until light and fluffy. Add 8 oz honey gradually, beating on medium speed until mixture is light. Serve with hot biscuits or other hot bread.
- **Savory Spread.** Add minced cucumber, onion, or pimiento; chopped chives or parsley; horseradish; or prepared mustard to whipped butter or margarine.

SANDWICH SPREAD

Yield: spread for 100 sandwiches *Portion:* 1 tsp per slice

Ingredient	*Amount*	*Procedure*
Margarine or butter	8 oz	Whip margarine on high speed until light and fluffy.
Light cream (half-and-half)	¼ cup	Add cream and mix.
Prepared mustard Mayonnaise Pickle relish	1½ tsp 3 cups ½ cup	Fold in remaining ingredients. Use as a spread for meat or cheese sandwiches.

CHEESE SALAD SANDWICH

Yield: 50 sandwiches

Ingredient	*Amount*	*Procedure*
Cheddar cheese	3 lb 8 oz	Grind or shred cheese.
Salad dressing or cream Salt Pepper, cayenne Margarine, softened	2 cups 2 tsp Few grains 4 oz	Combine with cheese. Refrigerate and remove small amounts of filling as necessary for production.
Bread	100 slices	Assemble filling and bread (p. 532). Portion filling with No. 20 dipper.

Approximate nutritive values per portion **Calories** 318

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 18 g	**28%**	**Cholest.** 36 mg	**12%**	**Total Carb.** 28 g	**9%**	**Vitamin A**	**11%**	**Calcium**	**27%**
Sat. Fat 7 g	**37%**	**Sodium** 726 mg	**30%**	Fiber 6 g	**25%**	**Vitamin C**	**0%**	**Iron**	**11%**
Protein 13 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Potentially hazardous food. Store filling at an internal temperature below 41°F.

Variation
- **Pimiento Cheese Sandwich.** Add 6 oz chopped pimiento.

EGG SALAD SANDWICH

Yield: 50 sandwiches *Portion:* 2 oz filling

Ingredient	*Amount*	*Procedure*
Eggs, hard-cooked (p. 271)	36	Peel eggs and chop coarsely.
Mayonnaise or salad dressing	2½ cups	Combine and add to eggs. Mix lightly.
Pickle relish	1 cup	Refrigerate and remove small amounts of filling as necessary for production.
Salt	2 tsp	
Pepper, white	¼ tsp	
Onion juice	1 tsp	
Pimiento, chopped	4 oz	
Bread	100 slices	Assemble filling, bread, and lettuce (p. 532).
Lettuce, iceburg or leaf	2–3 heads	Portion filling with No. 20 dipper.

Approximate nutritive values per portion **Calories** 248

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**16%**	**Cholest.** 157 mg	**52%**	**Total Carb.** 31 g	**10%**	**Vitamin A**	**8%**	**Calcium**	**6%**
Sat. Fat 2 g	**8%**	**Sodium** 611 mg	**25%**	Fiber 7 g	**26%**	**Vitamin C**	**4%**	**Iron**	**14%**
Protein 10 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes
- Potentially hazardous food. Store filling at an internal temperature below 41°F.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).
- 1 lb chopped celery may be substituted for pickle relish.
- 2 Tbsp prepared mustard may be added.

HAM SALAD SANDWICH

Yield: 50 sandwiches *Portion:* 2 oz filling

Ingredient	*Amount*	*Procedure*
Cooked ham	4 lb	Grind ham coarsely.
Eggs, hard-cooked (p. 271)	6	Peel eggs and chop coarsely.
Onion, finely chopped	4 oz	Combine all ingredients. Mix lightly. Refrigerate and remove small amounts of filling as necessary for production.
Pickle relish	8 oz	
Mayonnaise or salad dressing	2–2½ cups	
Bread	100 slices	Assemble filling, bread, and lettuce (p. 532). Portion filling with No. 20 dipper.
Lettuce, iceberg or leaf	2–3 heads	

Approximate nutritive values per portion **Calories** 257

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**15%**	**Cholest.** 50 mg	**17%**	**Total Carb.** 30 g	**10%**	**Vitamin A**	**2%**	**Calcium**	**5%**
Sat. Fat 2 g	**9%**	**Sodium** 1013 mg	**42%**	Fiber 7 g	**26%**	**Vitamin C**	**15%**	**Iron**	**14%**
Protein 15 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store filling at an internal temperature below 41°F.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).

Variations

- **Ham and Cheese Sandwich.** Delete eggs. Reduce ham to 3 lb. Add 1 lb 8 oz cheddar or Swiss cheese, ground.
- **Meat Salad Sandwich.** Substitute ground cooked beef or pork for ham. Add 4 oz finely chopped celery. Check for seasoning and add salt and pepper if needed.

CHICKEN SALAD SANDWICH

Yield: 50 sandwiches *Portion:* 2 oz filling

Ingredient	*Amount*	*Procedure*
Cooked chicken	5 lb	Chop chicken coarsely.
Salt	2 tsp	Add remaining ingredients. Mix to blend. Refrigerate and remove small amounts of filling as necessary for production.
Pepper, white	½ tsp	
Celery, finely chopped	8 oz	
Lemon juice or cider vinegar	¼ cup	
Mayonnaise or salad dressing	2–2½ cups	
Bread	100 slices	Assemble filling, bread, and lettuce (p. 532). Portion filling with No. 20 dipper.
Lettuce, iceberg or leaf	2–3 heads	

Approximate nutritive values per portion **Calories** 258

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**13%**	**Cholest.** 40 mg	**13%**	**Total Carb.** 28 g	**9%**	**Vitamin A**	**2%**	**Calcium**	**5%**
Sat. Fat 1 g	**6%**	**Sodium** 546 mg	**23%**	Fiber 7 g	**27%**	**Vitamin C**	**2%**	**Iron**	**14%**
Protein 18 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store filling at an internal temperature below 41°F.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).
- 4 oz chopped, toasted almonds may be added.
- Alfalfa sprouts may be placed on top of filling for variety.

TUNA SALAD SANDWICH

Yield: 50 sandwiches *Portion:* 2 oz filling

Ingredient	*Amount*	*Procedure*
Eggs, hard-cooked (p. 271)	7	Peel eggs and chop coarsely.
Tuna, flaked	4 lb	Combine all filling ingredients.
Celery, chopped	4 oz	Refrigerate and remove small amounts of filling as necessary for production.
Lemon juice	¼ cup	
Onion juice	1 tsp	
Mayonnaise or salad dressing	1½ cups	
Bread	100 slices	Assemble filling, bread, and lettuce (p. 532).
Lettuce, iceberg or leaf	2–3 heads	Portion filling with No. 20 dipper.

Approximate nutritive values per portion **Calories** 251

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**13%**	**Cholest.** 38 mg	**13%**	**Total Carb.** 28 g	**9%**	**Vitamin A**	**3%**	**Calcium**	**5%**
Sat. Fat 1 g	**6%**	**Sodium** 547 mg	**23%**	Fiber 7 g	**26%**	**Vitamin C**	**2%**	**Iron**	**14%**
Protein 17 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store filling at an internal temperature below 41°F.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).
- 1 cup pickle relish may be substituted for celery.

Variations

- **Grilled Tuna Salad Sandwich.** Brush both sides of sandwiches with melted margarine or butter. Grill until golden brown.
- **Salmon Salad Sandwich.** Substitute salmon for tuna.

BACON, LETTUCE, AND TOMATO SANDWICH

Yield: 50 sandwiches

Ingredient	*Amount*	*Procedure*
Tomatoes, fresh	7 lb	Wash tomatoes. Peel, if desired, and cut into thin slices.
Lettuce, iceberg or leaf	2–3 heads or 2 lb leaf	Wash lettuce and separate leaves. Drain.
Bacon	150 slices (7 lbs)	Cook bacon according to directions on p. 356. Drain.
Bread (white or whole wheat)	100 slices	Spread 50 slices of bread with mayonnaise. Place 3 cooked bacon slices, 2 tomato slices, and a lettuce leaf on each. Top with remaining 50 slices of bread, which have been spread with Whipped Margarine or Butter.
Mayonnaise	1 cup	
Whipped Margarine or Butter (p. 534)	8 oz	

Approximate nutritive values per portion **Calories** 287

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 15 g	**23%**	**Cholest.** 18 mg	**6%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**4%**	**Calcium**	**6%**
Sat. Fat 4 g	**18%**	**Sodium** 770 mg	**32%**	Fiber 7 g	**28%**	**Vitamin C**	**27%**	**Iron**	**15%**
Protein 12 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Club Sandwich.** Use 150 thin-sliced white bread, toasted. Spread with mayonnaise. Place on first slice 1 lettuce leaf, 2 tomato slices, and 2 strips of bacon. Place second slice of toast on top, spread side down. Spread top with mayonnaise, then add 2 oz thinly sliced turkey or chicken breast and lettuce leaf. Top with third slice of toast, spread side down. Secure with 4 picks. Cut into quarters to serve.
- **Sliced Ham and Cheese Sandwiches.** Substitute 6 lb 8 oz wafer-sliced ham and 3 lb 2 oz (1 oz slices) cheese for bacon.
- **Turkey Club Hoagie.** Reduce bacon to 2 lb. Substitute 7-inch hoagie buns for sliced bread. Use 6 lb 8 oz cooked turkey breast (approximately 10 lb AP), wafer sliced. Each sandwich includes choice of sandwich spread, 2 oz sliced turkey, 1 bacon slice, 1 lettuce leaf, and 2 tomato slices. Garnish plate with dill pickle spear.

CHICKEN POCKET SANDWICH

Yield: 50 sandwiches *Portion:* 1 sandwich

Ingredient	*Amount*	*Procedure*
Pita pockets, 6 inch	50	Open pita pockets carefully.
Leaf lettuce leaves	2 lb	Just prior to service fill each pocket in the order below:
Tomato slices	3 lb	1 leaf lettuce
Alfalfa sprouts	1 lb 8 oz	2 tomato slices
Chicken Salad (p. 536)	1 recipe	3 oz Chicken Salad
		½ oz alfalfa sprouts
		Serve soon after filling.

Approximate nutritive values per portion **Calories** 480

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 32 g	**49%**	**Cholest.** 95 mg	**32%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**10%**	**Calcium**	**5%**
Sat. Fat 6 g	**29%**	**Sodium** 990 mg	**41%**	Fiber 2 g	**9%**	**Vitamin C**	**17%**	**Iron**	**15%**
Protein 19 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. Keep chilled to below 41°F.

Variation

- **Vegetarian Pocket.** Delete Chicken Salad. In addition to the lettuce, tomato, and alfalfa sprouts, stuff each pita pocket with 1 oz cucumber slices, ½ oz slice of Swiss cheese, and 1 oz avocado slices. Drizzle sandwich with ½ oz Italian salad dressing.

SPICY PORK LOIN SANDWICH WITH SOUTHWEST PEACH SALSA

Yield: 50 sandwiches *Portion:* 1 sandwich (4 oz meat, 2 oz salsa, 1 bun)

Ingredient	*Amount*	*Procedure*
Garlic and Peppercorn Pork Loin (p. 348)	20 lb EP	Prepare pork loin according to recipe. Chill. Slice thinly.
Southwest Peach Salsa (p. 570)	1 recipe	
Kaiser bun	50	To serve, place open bun on plate. Portion on bottom half of bun, 4 oz thinly sliced pork garnished on top with 2 oz salsa.

Approximate nutritive values per portion **Calories** 512

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**17%**	**Cholest.** 125 mg	**42%**	**Total Carb.** 41 g	**14%**	**Vitamin A**	**37%**	**Calcium**	**8%**
Sat. Fat 3 g	**17%**	**Sodium** 474 mg	**20%**	Fiber 2 g	**7%**	**Vitamin C**	**278%**	**Iron**	**155%**
Protein 59 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature below 41°F.

SUBMARINE SANDWICH

Yield: 50 sandwiches *Portion:* 3 oz meat + 1 oz cheese

Ingredient	*Amount*	*Procedure*
Buns, submarine or hoagie, 4–5 inches	50	Slice buns in half lengthwise. Spread both sides of bun with Sandwich Spread.
Sandwich Spread (p. 534)	½ recipe	
Salami, 1-oz slices	3 lb 2 oz	Cut slices of meat and cheese in half.
Luncheon meat, 1-oz slices	3 lb 2 oz	Arrange 1 oz of each kind of meat and 1 oz cheese on bottom half of each bun.
Ham, pullman, 1-oz slices	3 lb 2 oz	Alternate meat and cheese and arrange so that full length of each bun is covered.
Cheese, processed, American or Swiss, 1-oz slices	3 lb 2 oz	
Tomatoes, fresh, sliced	24	Place 2 slices tomato, ½ oz shredded lettuce, and 2 dill pickle slices on each sandwich.
Dill pickle slices, well drained (optional)	1 qt	Cover with top half of bun. To serve, cut each sandwich in half.
Shredded head lettuce	1 lb 9 oz	

Approximate nutritive values per portion **Calories** 789

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 37 g	**57%**	**Cholest.** 80 mg	**27%**	**Total Carb.** 81 g	**27%**	**Vitamin A**	**15%**	**Calcium**	**25%**
Sat. Fat 14 g	**70%**	**Sodium** 2557 mg	**107%**	Fiber 5 g	**20%**	**Vitamin C**	**46%**	**Iron**	**26%**
Protein 32 g				Sugars 13 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store meats at an internal temperature below 41°F.
- Other meats such as turkey, corned beef, pastrami, or roast beef may be used.
- Shredded red or green cabbage, alfalfa sprouts, or leaf lettuce may be substituted for shredded head lettuce.
- Mayonnaise or Italian dressing may be substituted for sandwich spread.

Variations

- **Buffet Submarine.** Use 12 long, thin buns, approximately 18 inches. Arrange 4 oz each of meats and cheese on each bun. Garnish with 2 tomatoes, sliced, ⅓ cup pickle slices, and 1–2 oz shredded lettuce. Secure with long picks. Portion as served into 4–5-inch sections.
- **Ring Submarine.** Use bread shaped in a ring. See p. 137 for Sandwich Ring recipe.

DELI WRAP

Yield: 50 portions *Portion:* 1 wrap (2 halves)

Ingredient	*Amount*	*Procedure*
Wraps, 12 inch	50 wraps	If frozen, thaw under refrigeration.
Honey mustard Mayonnaise	1 lb 1 lb 8 oz	Mix mustard and mayonnaise. Place wraps flat on baking sheet. Spread 2 Tbsp of mustard-mayonnaise mixture over each wrap, leaving a 1-inch border.
Deli turkey, wafer sliced Deli ham, wafer sliced	3 lb 3 lb	Portion 1 oz each of turkey and ham over dressing.
Fresh salsa (see Notes) Lettuce, shredded Cheddar cheese, shredded	3 qt 3 lb (EP) 1 lb 8 oz	Portion 2 oz salsa, 1 oz lettuce, and ½ oz cheese over meat. To roll sandwich: (a) Fold 2 sides of wrap 2 inches over filling. (b) Roll tightly as for jelly roll, starting to roll from side not over filling. Cut wrap in half diagonally. One portion is two halves. keep cold, below 41°F.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. ••• for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat produce only once, discard if not used.
- Use any fresh fruit or fresh vegetable salsa. Try Cucumber and Melon Salsa (p. 569).

Variation

- **Southwestern-Style Steak Wrap.** Brown 5 lb seasoned fajita meat in hot oil. Add 3 lb 8 oz fresh mushrooms and sauté until tender. In separate bowl combine 2 lb 8 oz diced tomatoes, 1 lb 4 oz chopped red onions, and 3 oz fresh chopped cilantro. Mix together 3 lb 4 oz shredded cheddar cheese and 2 lb 8 oz shredded Monterey jack cheese. Place 12-inch wrap on plate. Portion 2 oz mixed cheeses onto center of wrap, leaving a 1-inch border. Sprinkle 1 oz of tomato mixture over cheese. Portion 2 oz of beef-mushroom mixture over vegetables. Fold two sides over filling and roll.

PACK-A-PITA PLATE

Yield: 50 portions *Portion:* one plate = 3 oz filling, 2 pita halves

Ingredient	*Amount*	*Procedure*
Leaf lettuce	1 lb 8 oz (EP)	Place one large leaf on dinner plate, leaving room for the pita bread.
Pita filling (see Notes)	9 lb 8 oz	Place 3 oz filling on top of lettuce leaf.
Tomatoes, thinly sliced	12 lb (EP)	Place 4 slices of tomato beside filling.
Alfalfa sprouts (see Notes)	8 oz	Place a small amount of sprouts on top of tomatoes.
Sweet pickles, sliced Olives, black	4 lb 8 oz	Garnish plate with 6 pickle slices and 2 black olives.
Pita bread	50 rounds	Just before service, place 2 pita halves on plate.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature below 41°F.
- Alfalfa sprouts may be potentially hazardous. Purchase sprouts from a reputable source and follow carefully all food safety standards.
- Filling choices may include egg salad, tuna salad, ham salad, sliced meats, sliced cheese, or chilled grilled vegetables. Small, thin portions of cooked and chilled solid meats may be used, for example, chicken breast, baked salmon.

MARINATED VEGETABLE PITA

Yield: 50 portions *Portion:* one-half pita, 2 oz vegetables, 1 oz cheese

Ingredient	*Amount*	*Procedure*
Herb and Garlic Marinade (p. 596)	1 qt	Prepare marinade.
Eggplant, ½-inch dice	1 lb 4 oz (EP)	Pour marinade over vegetables. Toss to coat.
Summer squash, ½-inch dice	1 lb (EP)	Let stand 30 minutes, drain well.
Zucchini squash, ½-inch dice	1 lb (EP)	Heat fry pan. Stir-fry vegetables 8–10 minutes until vegetables are tender-crisp.
Red bell pepper, ¼ × 1-inch strips	8 oz (EP)	
Green bell pepper, ¼ × 1-inch strips	8 oz (EP)	
Onion, sliced (rings separated)	8 oz (EP)	
Mushrooms, sliced	1 lb 12 oz (EP)	
Pita bread (see Notes)	25 rounds	Cut pita bread into halves.
Mozzarella cheese, shredded	3 lb	Open pita and stuff with 2 oz vegetables. Sprinkle 1 oz cheese over filling.

Approximate nutritive values per portion **Calories** 300

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 21 g	**32%**	**Cholest.** 21 mg	**7%**	**Total Carb.** 20 g	**7%**	**Vitamin A**	**10%**	**Calcium**	**17%**
Sat. Fat 5.5 g	**28%**	**Sodium** 412 mg	**17%**	Fiber 1.6 g	**6%**	**Vitamin C**	**23%**	**Iron**	**6%**
Protein 9 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Gyro bread may be substituted for the pita bread. Serve by placing one warmed gyro-style bread on a plate. Portion 2 oz filling onto center of bread. Sprinkle with 1 oz cheese. Fold over and serve immediately.

Variation

- **Marinated Vegetable Fajita.** Substitute flour tortillas for pita bread. Serve with Mexican condiments.

GRILLED SANDWICHES

Yield: 50 portions *Portion:* 1 sandwich

Ingredient	*Amount*	*Procedure*
Bread (white, whole wheat, or rye)	100 slices	See following procedures for preparing sandwiches.
Meat and/or cheese	6 lb 4 oz	
Margarine	1 lb	Grill sandwiches at 350°F on griddle until both sides are delicately brown.

Procedure No. 1

1. Melt margarine. Pour into 2-inch counter pan.
2. Pick up two slices of bread, one in each hand. Dip one side of one slice in melted margarine. Press dipped slice against second slice.
3. Place buttered side of one slice on 18 × 26-inch baking sheet lined with parchment or waxed paper. Place 24 slices 4 × 6.
4. Top each slice with 2 oz meat and/or cheese.
5. Top meat and/or cheese with buttered bread (from Step 2), buttered side up.
6. Cover layer with parchment or waxed paper.
7. Repeat for a second layer or use another baking sheet. Cover tightly with plastic wrap if the sandwiches are not to be grilled immediately.

Procedure No. 2

1. Place meat and/or cheese between two slices of bread.
2. Brush sandwiches with melted margarine; or in large quantities, use a roller dipped in melted margarine.
3. Place sandwiches on baking sheet and cover with plastic wrap until grilled.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variations

- **Grilled Cheese.** Use processed American cheese, 2 1-oz slices per sandwich.
- **Grilled Corned Beef and Swiss on Rye.** Substitute corned beef for ham in variation No. 3. Use Swiss cheese and rye bread.
- **Grilled Ham and Cheese.** Use 1½ oz ham and 1 oz cheese per sandwich, 4 lb 12 oz wafer-sliced ham and 3 lb 2 oz (1-oz slices) will be needed.
- **Grilled Turkey and Swiss on Whole Wheat.** Use 1½ oz turkey and 1 oz Swiss cheese per sandwich. 4 lb 12 oz wafer-sliced turkey and 3 lb 2 oz cheese (1-oz slices) will be needed.
- **Hot Tuna Grill.** Use No. 10 dipper of Tuna Salad Sandwich filling (p. 537) for each sandwich. Other salad sandwich fillings may be used.

BIEROCKS

Yield: 50 sandwiches
Oven: 400°F *Bake:* 25–30 minutes, 5 minutes

Ingredient	*Amount*	*Procedure*
Dough		
Yeast, active dry	1¼ oz	Sprinkle yeast over water. Let stand 5 minutes.
Water, warm (110°F)	2 qt	

Sugar, granulated Salt Flour, all-purpose	14 oz 1 oz (1½ Tbsp) 2 lb 6 oz	Add sugar, salt, and flour to yeast. Mix on medium speed, until mixture is smooth, using dough arm or flat beater.
Eggs Shortening, melted	8 (14 oz) 5 oz	Add eggs and shortening. Continue beating.
Flour, all-purpose	5 lb 8 oz	Add flour on low speed to make a soft dough. Knead 5 minutes. Cover and let rise until double in bulk.
		When dough has doubled, punch down and divide into 4 or 5 portions. Roll dough to ¼-inch thickness. Cut into 4 × 6-inch rectangles. Place on each piece of dough a No. 8 dipper of filling (recipe follows). Fold lengthwise and pinch edges of dough securely to seal. Place on baking sheets with sealed edges down. Bake at 400°F for 25–30 minutes.
Egg, yolk Water	1 2 Tbsp	Brush with egg and water mixture. Return to oven for 5 minutes.

Filling

Ground beef	10 lb AP (7 lb EP)	Cook beef to an internal temperature of 155°F. Drain.
Cabbage, chopped Onion, chopped	2 lb 8 oz 3 lb	Steam cabbage and onion until slightly underdone.
Worcestershire sauce Salt Pepper, black Savory, ground Chili powder	⅓ cup 2½ oz 1½ tsp 1 tsp 1½ tsp	Add seasonings and vegetables to beef. If not used immediately, cool quickly to below 41°F. See p. 44 for cooling procedures.

Approximate nutritive values per portion **Calories** 530

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 17 g	**25%**	**Cholest.** 100 mg	**33%**	**Total Carb.** 67 g	**22%**	**Vitamin A**	**2%**	**Calcium**	**4%**
Sat. Fat 6 g	**29%**	**Sodium** 834 mg	**35%**	Fiber 3 g	**12%**	**Vitamin C**	**25%**	**Iron**	**31%**
Protein 27 g				Sugars 10 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variation

- **Bierock Pockets.** Scale 3 lb dough onto 18 × 26 × 1-inch greased pans. Cut dough in half lengthwise. Spread 2 lb beef mixture evenly onto each strip of dough. Roll jelly roll fashion and seal tightly. Place seam side down on greased 18 × 26 × 1-inch pan. Bake at 350°F for 30–35 minutes or until done. Cut each roll into 8 portions, 16 per pan.

HOT MEAT AND CHEESE SANDWICH

Yield: 50 sandwiches *Portion:* 2½ oz meat + 1½ oz sauce

Ingredient	*Amount*	*Procedure*
Ham, roast beef, or corned beef	8 lb	Wafer-slice meat into 12 × 10 × 2-inch pans. Cover and heat to 165°F.
Hamburger buns	50	To serve, place open bun on plate. Portion 2½ oz meat on bottom half of bun.
Cheese Sandwich Sauce, American or Cheddar (p. 561) or Swiss (p. 561)	3 qt	Ladle 1½ oz (No. 30 dipper) sauce over meat.

Approximate nutritive values per portion **Calories** 458

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 24 g	**37%**	**Cholest.** 80 mg	**27%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**12%**	**Calcium**	**34%**
Sat. Fat 11 g	**53%**	**Sodium** 1740 mg	**73%**	Fiber 0 g	**0%**	**Vitamin C**	**28%**	**Iron**	**16%**
Protein 30 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

TUNA MELT

Yield: 50 *Portion:* 1 sandwich
Griddle: 350°F

Ingredient	*Amount*	*Procedure*
Tuna, drained	3 lb 4 oz	Mix drained tuna and drained pickle with celery and salad dressing.
Pickle relish, drained	12 oz	
Celery, finely chopped	1 lb	Refrigerate filling, removing small amounts as needed for production.
Salad dressing	1 lb 8 oz	
Wheat bread, pullman	100 slices	Assemble and cook sandwiches as described next.
Swiss cheese, ½ oz slices	3 lb 2 oz	
Margarine, melted	1 lb	

To Assemble:

1. Preheat griddle to 350°F.
2. Assemble sandwiches on greased griddle as follows:
   1 slice wheat bread
   1 slice Swiss cheese
   1 No. 24 (2 oz) dipper tuna mixture (preceding recipe)
   1 slice Swiss cheese
   1 slice wheat bread
3. When bread has browned (approximately 10 minutes), pour small amount of melted margarine on empty portion of grill.
4. Flip the sandwiches onto empty portion of grill. Cook until browned.
5. Place cooked sandwiches in 12 × 20 × 2-inch pans. Serve within 15 minutes.
6. Serve cut in half diagonally and garnish with tomato wedge on parsley sprig.

Approximate nutritive values per portion **Calories** 411

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 22 g	**34%**	**Cholest.** 30 mg	**10%**	**Total Carb.** 32 g	**11%**	**Vitamin A**	**10%**	**Calcium**	**32%**
Sat. Fat 7 g	**36%**	**Sodium** 780 mg	**32%**	Fiber 6 g	**25%**	**Vitamin C**	**0%**	**Iron**	**16%**
Protein 22 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variation

- **Patty Melt.** Substitute grilled ground beef patty for tuna mixture. Place 1 oz grilled onions on top of patty before last slice of cheese is added. Rye bread may be substituted for wheat bread and cheddar or American cheese for Swiss cheese.

HOT ROAST BEEF SANDWICH

Yield: 50 sandwiches *Portion:* 3 oz meat + ¼ cup gravy

Ingredient	*Amount*	*Procedure*
Beef roast	10 lb EP (15 lb AP)	Roast beef according to directions on p. 313. Slice into 3-oz portions. Place in two 12 × 20 × 2-inch counter pans.
Beef Stock (p. 599)	1½ qt	Heat stock to 190°F. Pour over meat. Cover with aluminum foil and place in oven to keep warm.
Bread	50 slices	Place 3 oz meat on each slice of bread.
Mashed Potatoes (p. 658)	12 lb 8 oz	Serve No. 12 dipper of Mashed Potatoes on the plate beside the bread.
Pan Gravy (p. 564)	1 gal	Cover meat and potato with Pan Gravy, using 2-oz ladle.

Approximate nutritive values per portion **Calories** 417

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 17 g	**26%**	**Cholest.** 84 mg	**28%**	**Total Carb.** 35 g	**12%**	**Vitamin A**	**2%**	**Calcium**	**6%**
Sat. Fat 6 g	**28%**	**Sodium** 1025 mg	**43%**	Fiber 5 g	**20%**	**Vitamin C**	**11%**	**Iron**	**24%**
Protein 32 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- A tender cut of meat should be used.
- Meat may be covered with additional slice of bread if desired. Omit mashed potatoes. Cover entire sandwich with gravy.

Variations

- **Barbecued Beef Sandwich.** Place thinly sliced beef roast in two counter pans and keep warm. Heat 1½ qt Barbecue Sauce (p. 567) and pour 3 cups over each pan of meat. Toss together until sauce is evenly distributed. Serve in warm hamburger buns.
- **French Dip Sandwich.** Slice roast beef wafer thin. Place in 12 × 20 × 2-inch counter pan. Pour 1 cup Beef Stock (p. 599) over meat. Cover with aluminum foil and keep warm. To serve, place 3 oz beef on hard roll. Serve with side cup of hot seasoned broth for dipping.
- **Hot Roast Pork Sandwich.** Substitute roast pork for beef.
- **Hot Turkey Dip.** Follow directions for French Dip Sandwich, but substitute wafer-sliced turkey for beef and chicken broth for beef broth. Season chicken stock with poultry seasoning.
- **Hot Turkey Sandwich.** Substitute roast turkey or turkey roll for beef. Use Chicken Stock (p. 598) in place of Beef Stock.
- **Meat Loaf Sandwich.** Prepare Meat Loaf (p. 332). Substitute Meat Loaf for roast beef.

BROCCOLI AND RICOTTA CALZONE

Yield: 50 portions *Portion:* 1 calzone
Oven: 350°F

Ingredient	*Amount*	*Procedure*
Broccoli cuts, frozen	6 lb (AP)	Thaw broccoli cuts in a colander or perforated pan. Drained EP yield should equal 5 lb 8 oz. Save drained broccoli for later step.
Pizza dough	50 dough balls (5 oz)	If using frozen dough balls, cover and let thaw to 65°F, 2–3 hours. Working with a small number of dough balls at a time, flatten into rounds.
Ricotta cheese Parmesan cheese, shredded Pepper, black Garlic powder	6 lb 6 oz 10 oz 1 Tbsp ½ tsp	Blend cheeses and spices together. Portion 2 oz (No. 16 dipper) of cheese mixture onto one-half of flattened dough ball. Smooth filling slightly, leaving ½-inch border. Distribute ½ cup (1¾ oz) of thawed broccoli (reserved from earlier step) over cheese. Brush edges of dough with water. Fold dough over filling and crimp edges to seal tightly.
Eggs, whole Water Italian herbs	1 oz 2 oz 3 Tbsp	Mix eggs and water. Brush over tops of calzones. Sprinkle with herbs. Bake at 350°F for 18 –25 minutes in a conventional oven until the calzone registers 185°F. Follow the manufacturers' directions when using a conveyor-type pizza oven.
Marinara sauce Parmesan cheese, shredded	3 qt 1 lb	Serve 2 oz warm marinara sauce ladled on top of calzone. Serve with Parmesan cheese.

Approximate nutritive values per portion **Calories** 520

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	**21%**	**Cholest.** 45 mg	**15%**	**Total Carb.** 7 g	**24%**	**Vitamin A**	**21%**	**Calcium**	**29%**
Sat. Fat 8 g	**39%**	**Sodium** 471 mg	**20%**	Fiber 4.3 g	**18%**	**Vitamin C**	**46%**	**Iron**	**26%**
Protein 24 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

Variations

- **Roasted Vegetable and Ricotta Calzone.** Heat 3 lb frozen roasted peppers and onions (available commercially) with 6 oz sliced black olives. In a bowl mix 6 lb 12 oz ricotta cheese, 1 lb 8 oz freshly grated Parmesan cheese, ¾ oz dried parsley, 3 Tbsp dried basil, 5 tsp black pepper, 4 tsp crushed red pepper, and 1 oz salt. Portion 1½ oz vegetables and 2 oz ricotta cheese mixture (approximately No. 16 dipper) on dough. Follow makeup and service procedures as for Broccoli and Ricotta Calzone.
- **Ham and Swiss Florentine Calzone.** Steam 2 lb fresh spinach for 1 minute. Drain well and reserve for later step. Blend together 6 lb 6 oz ricotta cheese, 10 oz freshly grated parmesan cheese, and 1 Tbsp black pepper. Portion 2 oz cheese mixture and ¾ oz (No. 30 dipper) drained spinach on dough. Portion ¾ oz of wafer-sliced ham over spinach. Follow makeup and service procedures as for Broccoli and Ricotta Calzone.

GRILLED CORN AND ROASTED PEPPER QUESADILLAS

Yield: 50 portions *Portion:* 2 quesadillas

Ingredient	*Amount*	*Procedure*
Vegetable oil	4 oz	Mix oil and chipotle base. Heat in a tilting fry pan, or on a griddle.
Chipotle base (see Notes)	2 oz	
Corn, frozen (see Notes)	5 lb 4 oz	Sauté corn and onion in flavored oil until onion is translucent and corn is slightly browned.
Onion, chopped	2 lb (EP)	Add roasted peppers and crushed red pepper.
Roasted Red Bell Peppers, diced (p. 655) (seeNotes)	3 lb 4 oz	Heat through. Save for later step.
Red pepper, crushed	¾ tsp	
Flour tortillas (6 inch)	100 tortillas	Place flat on 18 × 26 × 1-inch pans.
Cojack cheese, shredded	6 lb 4 oz	Distribute 1 oz shredded cheese on one-half of tortilla, leave ½-inch border without cheese. Distribute 1¾ oz corn-pepper blend over cheese (reserved from earlier step). Place open tortilla on oiled, 300°F griddle. Cook until cheese begins to melt and tortilla is soft. Fold empty half of tortilla over filled half, press slightly with spatula. Turn and grill until slightly brown. Serve immediately. May serve with salsa, guacamole, and sour cream.

Approximate nutritive values per portion **Calories** 525

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 27 g	**42%**	**Cholest.** 51 mg	**17%**	**Total Carb.** 50 g	**17%**	**Vitamin A**	**33%**	**Calcium**	**49%**
Sat. Fat 14 g	**69%**	**Sodium** 847 mg	**35%**	Fiber 4 g	**17%**	**Vitamin C**	**112%**	**Iron**	**14%**
Protein 20 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Chipotle base is available commercially.
- Roasted corn and roasted peppers may be purchased frozen and substituted for the corn and peppers in the recipe. When using frozen roasted peppers, place in a single layer on a baking sheet and heat in a 375°F oven until heated through (discard liquid that accumulates).

Variation

- **Cheese Quesadillas.** Mix together 6 lb shredded monterey jack cheese, 6 lb shredded cheddar cheese, 3 lb 8 oz canned green chilies, drained, and 4 Tbsp dried cilantro. Scale 2½ oz cheese mixture onto each 6-inch or 8-inch tortilla. Proceed as for Grilled Corn and Roasted Pepper Quesadillas.

CHICKEN FAJITAS

Yield: 50 fajitas *Portion:* 4 oz meat mixture (two 6-inch fajitas or one 10-inch fajita)

Ingredient	*Amount*	*Procedure*
Vegetable oil	¼ cup	Heat oil to 350°F in tilting or large fry pan.
Chicken white meat, cut into strips	10 lb (EP)	Add chicken and garlic. Stir-fry until chicken begins to brown.
Garlic, minced	3 oz (EP)	
Lime juice	1 qt	Add liquids, herbs, and spices to chicken. Cook until liquid evaporates and chicken is done, above 165°F.
Water	2 cups	
Chicken base	2 oz	
Cilantro leaves, finely chopped (see Notes)	¾ oz	
Pepper, black	1 Tbsp	
Red pepper, crushed	1 tsp	
Salt	1½ Tbsp	
Onions, sliced	2 lb 6 oz (EP)	Add onions and pepper. Stir-fry until tender-crisp.
Green bell peppers, cut in 1-inch long strips	12 oz (EP)	
Red bell peppers, cut in 1-inch long strips	8 oz (EP)	
Yellow bell peppers, cut in1-inch long strips	8 oz (EP)	
Flour tortillas	50 10-inch or 100 6-inch	Heat tortillas to soften. Keep covered. Do not allow to dry out. Serve 4 oz meat mixture on one 10-inch or two 6-inch tortillas. Serve with condiments: Guacamole (pp. 78, 80), shredded Monterey Jack cheese, shredded lettuce, sour cream, Salsa (p. 568), sliced black olives, sliced jalapeños.

Approximate nutritive values per portion **Calories** 350

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7g	**11%**	**Cholest.** 53 mg	**18%**	**Total Carb.** 41 g	**14%**	**Vitamin A**	**4%**	**Calcium**	**10%**
Sat. Fat 1.6 g	**8%**	**Sodium** 733 mg	**31%**	Fiber 3 g	**12%**	**Vitamin C**	**53%**	**Iron**	**17%**
Protein 27 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- 3 Tbsp of dried cilantro leaves can be substituted for fresh cilantro.
- Ranchero Base (commercial product) can be substituted for chicken base. Adjust seasonings as necessary.

BEEF FAJITAS

Yield: 50 sandwiches *Portion:* 1 fajita, 2 oz meat + 2 oz vegetable

Ingredient	*Amount*	*Procedure*
Pureed jalapeño peppers, with juice	4 oz	Combine in bowl to make a marinade.
Lemon juice	1½ cups	
Pineapple juice	1½ cups	
Salt	1 Tbsp	
Pepper, black	2 Tbsp	
Meat tenderizer	2 oz	
Water	3 cups	
Beef, round or flank steak	10 lb AP	Cut beef into 1 × 5-inch strips, ¼ inch thick (see Notes). Pour marinade over meat. Stir to coat meat. Cover and marinate for 24 hours.
		Drain meat in colander. Discard marinade. Stir-fry in frying pan with a small amount of oil until cooked.
Onions, sliced, separated in rings	2 lb 8 oz	Add onions and green peppers to meat. Stir-fry until tender-crisp.
Green pepper strips	1 lb 8 oz	Transfer to 12 × 10 × 4-inch pan.
Tomatoes, fresh	2 lb 8 oz	Cut tomatoes into thin wedges. Combine carefully with beef. Gently lift beef and vegetables from juice into 12 × 20 × 2-inch counter pan.
Tortillas, flour 10-inch	50	Heat tortillas to soften. Keep covered. Do not allow to dry out. Serve 1 tortilla on plate and 4 oz beef and vegetables in center of tortilla. Tortilla may be rolled or folded in half.
		Serve with condiments: Guacamole (pp. 78, 80), shredded Monterey Jack cheese, shredded lettuce, sour cream, Salsa (p. 568), sliced black olives, sliced jalapeños.

Approximate nutritive values per portion **Calories** 246

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**10%**	**Cholest.** 51 mg	**17%**	**Total Carb.** 25 g	**8%**	**Vitamin A**	**2%**	**Calcium**	**5%**
Sat. Fat 2 g	**9%**	**Sodium** 360 mg	**15%**	Fiber 1 g	**4%**	**Vitamin C**	**35%**	**Iron**	**18%**
Protein 21 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Meat will slice more easily if it is partially frozen.
- Fajita meat can be made spicier by substituting additional pureed jalapeños for equal parts of water. More water in proportion to less jalapeños may be used for a less spicy Fajita.
- Beef strips may be purchased frozen, seasoned, or unseasoned.
- Commercial Fajita marinade mix may be substituted for marinade in the recipe.
- May serve beef separate from onions, peppers, tomatoes.

Variation

- **Chicken Fajitas.** Delete meat tenderizer. Increase salt to 2 Tbsp. Substitute chicken breasts for beef.

WESTERN SANDWICH

Yield: 50 sandwiches *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Ground beef	10 lb AP	Brown beef and onion until internal temperature reaches 155°F. Drain off fat.
Onion, chopped	1 lb	
Tomato puree	3 cups	Add remaining filling ingredients to meat. Simmer 15–20 minutes.
Catsup	3 cups	
Water	1 cup	
Salt	1 Tbsp	
Paprika	2 tsp	
Dry mustard	2 tsp	
Worcestershire sauce	2 Tbsp	
Chili powder	1 Tbsp	
Hamburger buns	50	Serve with No. 12 dipper of filling on buns.

Approximate nutritive values per portion **Calories** 330

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	**22%**	**Cholest.** 62 mg	**21%**	**Total Carb.** 28 g	**9%**	**Vitamin A**	**5%**	**Calcium**	**7%**
Sat. Fat 5 g	**26%**	**Sodium** 646 mg	**27%**	Fiber 1 g	**3%**	**Vitamin C**	**15%**	**Iron**	**19%**
Protein 21 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If mixture becomes dry, add a small amount of water.
- 2 oz (1 cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

Variations

- **Pizzaburger.** Delete paprika and chili powder. Add 1 Tbsp oregano, 1½ tsp basil, and 8 oz sliced mushrooms. Serve meat on bun and sprinkle with 1 lb 8 oz grated mozzarella cheese, ½ oz per serving.
- **Sloppy Joe.** Reduce ground beef to 8 lb. Sauté 2 lb chopped onions, 1 lb chopped celery, and 1 lb chopped green peppers with ground beef. Add 1½ oz flour to beef-vegetable mixture; mix to combine. Cook 10 minutes. Add 2¾ cups tomato puree, 2¾ cups catsup, ⅓ cups water, ⅔ cups Worcestershire sauce, 1 Tbsp red pepper sauce, 1 Tbsp dry mustard, 2 Tbsp paprika, 3 Tbsp chili powder, 3 Tbsp sugar, ¾ oz beef base. Stir to mix. cover and simmer for 15–20 minutes. Stir occasionally.

TACOS

Yield: 50 sandwiches *Portion:* 2 tacos

Ingredient	*Amount*	*Procedure*
Ground beef, round	13 lb AP (9 lb EP)	Brown beef in steam-jacketed or other kettle until internal temperature reaches 155°F. Drain off fat.
Onion, chopped	1 lb	Add onions and cook until softened.
Cornstarch	3 Tbsp	Combine cornstarch and seasonings in a bowl.
Chili powder	½ cup	Add to ground beef and onions. Mix well.
Garlic powder	1¾ Tbsp	
Salt	3 Tbsp	
Oregano, leaf	1 Tbsp	
Cumin, ground	2 Tbsp	
Pepper, cayenne	1 Tbsp	
Water	1½ qt	Add water to meat mixture. Mix. Simmer 45 minutes, stirring frequently.
Taco shells	100	Place shells in counter pans. Heat in oven until warm and crisp. To serve, fill each taco shell with No. 24 dipper of meat mixture, 1½ oz each.

Topping

Heat lettuce, chopped	4 lb EP	Cover meat mixture with lettuce, then tomato, and top with shredded cheese.
Tomatoes, fresh diced	3 lb EP	Serve with Salsa (p. 568) to spoon on top.
Processed cheese, shredded	2 lb	

Approximate nutritive values per portion **Calories** 447

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 26 g	**40%**	**Cholest.** 64 mg	**21%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**10%**	**Calcium**	**33%**
Sat. Fat 9 g	**47%**	**Sodium** 1171 mg	**49%**	Fiber 4 g	**15%**	**Vitamin C**	**7%**	**Iron**	**14%**
Protein 24 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Commercial salsa may be substituted for Salsa recipe.
- Commercial taco seasoning mix may be substituted for spices. Follow manufacturer's directions for amount to use.
- 2 oz (1 cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

Variations

- **Nacho Tostados.** Place ¾ oz (about 6 large) round unsalted nacho chips on serving plate. Place No. 12 dipper (3 oz) taco meat on top of chips. Ladle 2 oz Nacho Sauce (p. 80) over meat. Place approximately 1½ oz shredded head lettuce and ¾ oz diced fresh tomatoes on top of meat. Serve with condiments: Guacamole (pp. 78, 80), sour cream, and Salsa (p. 568).
- **Tostados.** Fry 50 10-inch flour or corn tortillas in hot oil, 20–30 seconds on each side, until crisp and golden brown. Drain on paper towel. Keep warm. To serve, spread each tortilla with No. 20 dipper Refried Beans (p. 640), then one No. 12 dipper of meat (3 oz). Top with 1½ oz chopped head lettuce, ¾ oz chopped fresh tomatoes, and 1 oz shredded cheese. Serve with condiments: Guacamole (pp. 78, 80), sour cream, Salsa (p. 568), chopped green onions, chopped green chilies, and sliced ripe olives.
- **Turkey Tacos.** Substitute ground turkey for ground beef.

REUBEN SANDWICH

Yield: 50 sandwiches *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Cooked corned beef	4 lb 8 oz	Cut corned beef into very thin slices.
Rye bread Mayonnaise or Sandwich Spread (p. 534)	100 slices 2 cups	Spread No. 100 dipper (scant 2 tsp) dressing on bread.
Sauerkraut, well drained Swiss cheese, 1-oz slices	1½ qt 3 lb 2 oz	Place filling on bread, in order given: 1½ oz corned beef 2 Tbsp sauerkraut 1 oz cheese Cover with top slice of bread.
Margarine, melted	1 lb	Brush sandwiches with melted margarine. Preheat grill to 325°F. Grill sandwiches on both sides until delicately browned.

Approximate nutritive values per portion **Calories** 447

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 26 g	**40%**	**Cholest.** 64 mg	**21%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**10%**	**Calcium**	**33%**
Sat. Fat 9 g	**47%**	**Sodium** 1171 mg	**49%**	Fiber 4 g	**15%**	**Vitamin C**	**7%**	**Iron**	**14%**
Protein 24 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

CHIMICHANGA

Yield: 50 portions *Portion:* 4 oz
Deep-Fat Fryer: 350°F

Ingredient	*Amount*	*Procedure*
Ground beef	10 lb 12 oz AP	Brown meat in steam-jacketed kettle until internal temperature reaches 155°F. Drain.
Onions, chopped	1 lb 10 oz	Add onions and chili peppers to meat.
Green chili peppers, chopped	8 oz	Cook until tender.
Flour, all-purpose	4 oz	Stir flour and seasonings into meat mixture.
Garlic powder	½ tsp	
Cumin, ground	2 tsp	
Chili powder	1 Tbsp	
Salsa (see Notes)	1 lb 14 oz	Add Salsa, beef base, and water. Cook 15–20 minutes or until very thick.
Beef base	¾ oz	
Water	1 qt	The filling may be prepared the day before and refrigerated.
Flour tortillas, 10 inch	5 lb 8 oz	Separate tortillas and place slightly overlapping in counter pans. Cover tightly and heat a few at a time for about 5 minutes or just until soft.
Water, cold	2¼ cups	Mix water and cornstarch.
Cornstarch	2 oz	

To Assemble:

1. Brush edges of tortillas with water-cornstarch mixture.
2. Place No. 12 dipper or 4 oz meat mixture slightly below center of each tortilla.
3. Fold bottom edge over filling.
4. Fold sides in, then roll into a cylinder. If necessary, brush on more water-cornstarch mixture to help seal edges.
5. Place seam side down on baking sheets until ready to fry. Cover.
6. Fry at 350°F until golden brown and crisp. Internal temperature should be 165°F.
7. Place in counter pans with liners. Do not cover.
8. Serve with topping (recipe follows).

Topping

Lettuce, shredded	3 lb 8 oz	Serve each Chimichanga with 1 oz each of shredded lettuce, chopped onion, Guacamole, sour cream, and olives; 2 oz Salsa. See Notes.
Tomato, chopped	3 lb 8 oz	
Guacamole (pp. 78, 80)	3 lb 8 oz	
Sour cream	3 lb 8 oz	
Black olives, chopped	3 lb 8 oz	
Salsa (p. 568) or Spanish Sauce (p. 574)	3 qt	

Approximate nutritive values per portion **Calories** 581

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 36 g	**55%**	**Cholest.** 76 mg	**25%**	**Total Carb.** 46 g	**15%**	**Vitamin A**	**24%**	**Calcium**	**16%**
Sat. Fat 10 g	**51%**	**Sodium** 1148 mg	**48%**	Fiber 2 g	**9%**	**Vitamin C**	**77%**	**Iron**	**28%**
Protein 27 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Salsa (p. 568) or commercial salsa may be used.
- 7 lb shredded cooked beef may be substituted for ground beef. Omit browning the beef and sauté onions and peppers in a little shortening.
- 3 oz (1½ cups) dehydrated onions, rehydrated in 2½ cups water, may be substituted for fresh onions.

OVEN-BAKED HAMBURGERS

Yield: 50 sandwiches *Portion:* 4 oz
Oven: 400°F *Bake:* 15–20 minutes

Ingredient	*Amount*	*Procedure*
Ground beef	12 lb AP	Place meat in mixer bowl.
Eggs, beaten	3 (5 oz)	Combine eggs and milk and add to meat.
Milk	2 cups	
Bread crumbs, soft	4 oz	Add crumbs and seasonings.
Onion, chopped	4 oz	Blend on low speed for approximately 1 minute, using flat beater.
Salt	2 Tbsp	
Pepper, black	2 tsp	
		Portion meat mixture with No. 10 dipper onto lightly greased baking sheets.
		Flatten into patties.
		Bake at 400°F for 15–20 minutes or until internal temperature reaches 155°F.
Hamburger buns	50	Serve patties on warm buns.

Approximate nutritive values per portion **Calories** 348

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 17 g	**26%**	**Cholest.** 84 mg	**28%**	**Total Carb.** 23 g	**8%**	**Vitamin A**	**0%**	**Calcium**	**8%**
Sat. Fat 6 g	**31%**	**Sodium** 584 mg	**24%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**19%**
Protein 24 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- ½ oz (¼ cup) dehydrated onions, rehydrated in ½ cup water, may be substituted for fresh onions.

(continues)

Variations

- **Barbecued Hamburgers.** Place browned hamburgers in baking pans. Pour Barbecue Sauce (p. 567) over patties. Cover with aluminum foil and bake at 325°F until hot, about 10–20 minutes.
- **Grilled Hamburgers and Accompaniments.** Cook 4-oz hamburger patties on the grill only until they are no longer pink. Place on bun and serve with accompaniments: mayonnaise, mustard, catsup, sliced dill pickles, sliced or chopped onions, sliced tomato, and leaf lettuce.

CROISSANT WITH SAUTÉED GARDEN VEGETABLES

Yield: 50 *Portion:* 1 sandwich
Oven: 350°F *Heat:* 5–10 minutes

Ingredient	*Amount*	*Procedure*
Green peppers, sliced	2 lb 6 oz	Toss together.
Onions, sliced	2 lb 6 oz	
Mushrooms, fresh, sliced	2 lb 6 oz	
Margarine	14 oz	Melt margarine in steam-jacketed kettle. Add vegetables. Sauté until tender-crisp. Drain.
Croissants, cut in half lengthwise	50 (2½-oz size)	Assemble sandwiches in 12 × 20 × 2-inch pans: 1. bottom of croissant
Swiss cheese, ⅔ oz slices	4 lb 3 oz (100 slices)	2. ⅔ oz Swiss cheese slice
		3. 2 oz sautéed vegetables
Ripe olives, sliced, drained	1 lb 6 oz	4. ½ oz sliced olives
		5. 2 tomato slices
Tomatoes, sliced	2 lb	6. ⅔ oz Swiss cheese slice
		7. top of croissant
		Heat at 350°F just long enough to melt cheese, 5–10 minutes. Do not hold over 15 minutes before serving.

Approximate nutritive values per portion **Calories** 346

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 24 g	**38%**	**Cholest.** 64 mg	**21%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**15%**	**Calcium**	**40%**
Sat. Fat 11 g	**57%**	**Sodium** 544 mg	**23%**	Fiber 2 g	**9%**	**Vitamin C**	**38%**	**Iron**	**10%**
Protein 14 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

CHAPTER 13

Sauces, Marinades, Rubs, and Seasonings

A sauce serves to complement an entree, vegetable, or dessert. It may be used as a binding agent to hold foods together or as a topping. Sauces add richness, moistness, color, and form to foods and may enhance or offer contrast in flavor or color to foods they accompany. Marinades, rubs, and seasoning blends add flavor to entrees and vegetables. They may be used also to tenderize.

ENTREE AND VEGETABLE SAUCES

Basic to many sauces is a roux, which is a cooked mixture of fat and flour, usually equal parts by weight. A roux may range from white, in which the fat and flour are cooked only for a short time, to brown, cooked until it is light brown in color and has a nutty aroma. The amount of browning will influence both the flavor and color characteristics of the sauce. Calories may be lowered by eliminating the fat and making the sauce with a starch thickener, such as flour or cornstarch, mixed with a cold liquid (stock or milk).

Other starch thickening agents commonly used in sauces are arrowroot, cornstarch, pregelatinized or instant starch, and waxy maize. Waxy maize is preferred for sauces that will be frozen because it will not break and separate as easily as other starches. When reheated, products containing waxy maize are smoother than those with cornstarch. Egg yolks have a slight thickening power and are used for some sauces. When egg yolks are cooked to too high a temperature, or held too long, the egg protein will coagulate and cause a curdled effect.

Most meat and vegetable sauces are modifications of the basic recipes: white sauce, blond sauce, brown sauce, red sauce, and butter sauces.

- *White Sauce* (p. 561), made with a roux of fat and flour and with milk as the liquid, has many uses in quantity food preparation, as a sauce with vegetables, eggs, and fish and as an ingredient in many casseroles. A White Sauce Mix (p. 560), combining flour, fat, and nonfat dry milk, may be made and stored in the refrigerator until needed. Water and seasonings are added when the mixture is to be used. Béchamel Sauce (p. 562) is a white sauce that uses milk and chicken stock as the liquid and, with its variations, usually is served with poultry, seafood, eggs, or vegetables.
- *Blond sauces* are made from a roux that is cooked a little longer than the white sauce, just until the roux begins to brown. Velouté Sauce (p. 562) is a blond sauce that uses chicken, veal, or fish broth as its liquid.
- *Brown Sauce* (p. 565) is made with a well-browned roux, and beef stock as the liquid. Brown Sauce is used with meat.
- *Red sauces* (pp. 567, 572–575) include tomato as a primary ingredient. These sauces are generally used with meat and pasta.
- *Butter sauces* (pp. 582, 589–590) are used with vegetables, fish, meats, and egg dishes.

Some sauces use chicken, beef, or vegetable stock as part or all of the liquid. Recipes for stocks are on pp. 598–600. A broth made with a high-quality commercial stock base can be substituted for the chicken or beef stock called for in sauces, but the salt in the recipe may need to be adjusted if the base is highly seasoned.

Sauces made from concentrated canned soups are time-saving and may be used effectively in many items. Undiluted canned cream soups such as chicken, mushroom, celery, and cheese, or tomato soup may be used alone or in combination. If the soup is too thick, a small amount of milk or chicken or meat stock may be added. Two soups may be combined for a special flavor effect, or pimiento, green pepper, almonds, curry powder, or other ingredients may be added for variety.

DESSERT SAUCES

Dessert sauces serve as both a garnish and a basic ingredient for many desserts. The choice of sauce should complement the dessert in both color and flavor. Most dessert sauces are added shortly before serving.

MARINADES, RUBS, AND SEASONINGS

Marinades are used to flavor and tenderize meats, poultry, and fish and to flavor raw or cooked vegetables. The less tender cuts of meat should be marinated at least 2 hours. Pork, chicken, and the more tender cuts of beef often are basted before and during cooking; however, they do not need to stand in the marinade. Rubs and other seasonings add flavor and can be used to provide an ethnic or regional flavor profile to foods. See Appendix B for suggestions for using herbs and spices

ENTREE AND VEGETABLE SAUCE RECIPES

WHITE SAUCE MIX

Yield: 13 lb 8 oz mix

Ingredient	*Amount*	*Procedure*
Flour, all-purpose	3 lb	Blend flour and milk in 60-qt mixer bowl.
Nonfat dry milk	6 lb	
Shortening	2 lb 4 oz	Using pastry knife or flat beater, blend fats with dry ingredients until mixture is crumbly, scraping sides of bowl occasionally.
Margarine	2 lb 4 oz	Store in covered containers in the refrigerator.
To Prepare 1 Gallon of White Sauce		
Water	3¼ qt	Heat water and salt to boiling point.
Salt	1 oz (1½ Tbsp)	
White sauce mix		Add mix for sauce of desired thickness. Stirring with wire whip, continue cooking until thickened.
Thin	1 lb 12 oz	
Medium	2 lb 4 oz	
Thick	2 lb 14 oz	

WHITE SAUCE

Yield: 1 gal

	Ingredients				
Consistency	*Milk*	*Flour, all-purpose*	*Margarine or butter*	*Salt*	*Uses*
Thin	4 qt	6 oz	6 oz	1 oz	Cream soups
Medium	4 qt	8 oz	8 oz	1 oz	Creamed foods, gravy
Thick	4 qt	12 oz	12 oz	1 oz	Soufflés

Notes

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- 1 lb nonfat dry milk and 3¾ qt cool water may be substituted for fluid milk. Combine dry milk and water and whip until smooth. Heat to scalding (185°F). Add, while stirring, roux made of margarine and flour. Cook on low heat, stirring as necessary, until thickened.
- 1 oz salt equals 1½ Tbsp.
- **Method 1.** Melt margarine, remove from heat. Add flour and salt. Stir until smooth. Cook 5–10 minutes. Add milk gradually, stirring constantly with wire whip. Cook and stir as necessary until smooth and thick, about 15 minutes.
- **Method 2.** This method is used for making quantities larger than 4 qt. Make a roux by melting margarine, adding flour, and cooking and stirring until smooth. Add one-fourth of the milk and beat with wire whip until smooth. Gradually add remaining milk while stirring. Cook until smooth and thickened, about 15 minutes.
- **Method 3.** Combine flour with one-fourth of the milk. Heat remaining milk. Add milk-flour paste, using wire whip. Cook to desired consistency, then add margarine and salt.
- **Method 4.** This method uses a steamer. Make a paste of flour and margarine. Add cold milk until mixture is the consistency of cream. Heat remaining milk. Add flour and margarine mixture, stirring constantly with wire whip. Place in steamer until flour is cooked; if necessary, stir once during cooking.

Variations To be used with 1 gallon medium white sauce:

- **À la King Sauce.** Add 12 oz chopped green pepper, 12 oz sliced mushrooms, sautéed, and 1 lb chopped pimiento. Combine with cubed chicken, meats, seafood, vegetables, or hard-cooked eggs.
- **Bacon Sauce.** Add 1 lb 8 oz cooked chopped bacon. Use bacon fat in making the sauce. Combine with eggs or vegetables in scalloped dishes.
- **Cheese Sauce.** Add 3 lb sharp cheddar cheese, shredded or ground, 2 Tbsp Worcestershire sauce, and a few grains of cayenne pepper. Serve on fish, egg dishes, soufflés, and vegetables. Worcestershire sauce and cayenne pepper may be omitted for a milder sauce.
- **Cheese Broccoli Sauce.** Steam 2 lb 8 oz broccoli florets until tender-crisp. Carefully stir into Cheese Sauce. Serve 4 oz sauce ladled over baked potato.
- **Cheese Sandwich Sauce (American or Cheddar).** Prepare 2 qt (half recipe) Thick White Sauce. Add ¼ cup dry mustard and 1 tsp white pepper with the flour. When sauce has thickened, stir in 2 lb shredded sharp cheese and ½ tsp hot pepper sauce. Ladle 1½ oz sauce over meat in sandwich.
- **Cheese Sandwich Sauce (Swiss).** Prepare 2 qt (half recipe) Medium White Sauce. Reduce margarine to 6 oz. After sauce has thickened, add 2 lb shredded Swiss cheese and stir until melted. Serve 1½ oz sauce ladled over meat in sandwich.
- **Egg Sauce.** Add 20 chopped hard-cooked eggs and 2 Tbsp prepared mustard. Serve over salmon or other fish loaf.

continued

- **Golden Sauce.** Add 2 cups slightly beaten egg yolks. Serve on fish, chicken, or vegetables.
- **Mushroom Sauce.** Add 1 lb 8 oz sliced mushrooms and 4 oz minced onion, sautéed in 4 oz margarine or butter. Serve over egg, meat, poultry dishes, or vegetables.
- **Parsley Sauce.** Add 1 oz chopped fresh parsley.
- **Pimiento Sauce.** Add 1 lb 4 oz finely chopped pimiento and 2 cups finely chopped parsley. Serve with poached fish, croquettes, or egg dishes.
- **Shrimp Sauce.** Add 4 lb cooked shrimp, 2 Tbsp prepared mustard, and 2 Tbsp Worcestershire sauce. Serve with fish, eggs, or cheese soufflé.
- **Swiss Cheese and Mushroom Sauce.** Sauté 4 oz chopped onions, 2 oz chopped green peppers, and 8 oz sliced mushrooms in 4 oz margarine. Stir in 4 oz flour. Cook 10–15 minutes. Add slowly, while stirring, 2 qt milk and heat to 170°F. Add 2 lb 8 oz shredded Swiss cheese and stir until melted.

BÉCHAMEL SAUCE

Yield: 2 qt *Portion:* 3 Tbsp (1½ oz)

Ingredient	*Amount*	*Procedure*
Chicken Stock (p. 598)	1½ qt	Simmer stock and seasonings together for 20 minutes. Strain.
Onion slices	4	Save liquid for preparation of sauce. There should be 1 qt liquid.
Peppercorns, black	2 Tbsp	
Carrots, chopped	3 oz	
Bay leaf	1	
Margarine	8 oz	Melt margarine. Add flour and stir until smooth. Cook 5–10 minutes.
Flour, all-purpose	4 oz	
Seasoned stock (prepared above)	1 qt	Add liquids gradually, stirring constantly with wire whip. Cook until smooth and thickened.
Milk, hot	1 qt	Add seasonings
Salt	½ tsp	Serve with 2-oz ladle (scant) on chicken or meat entrees.
Pepper, white	½ tsp	
Pepper, cayenne	Few grains	

Approximate nutritive values per ounce **Calories** 38

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	**5%**	**Cholest.** 2 mg	**1%**	**Total Carb.** 2 g	**1%**	**Vitamin A**	**4%**	**Calcium**	**1%**
Sat. Fat 1 g	**4%**	**Sodium** 90 mg	**4%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 1 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

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Variations

- **Mornay Sauce.** Add gradually to hot Béchamel Sauce 4 oz each of grated Parmesan and Swiss cheese. Let sauce remain over heat until cheese is melted, then remove and gradually beat in 8 oz margarine or butter. Serve with fish or egg entrees.
- **Velouté Sauce.** Cook the margarine and flour (roux) until slightly brown in color. Substitute Chicken Stock for milk. Serve on chicken entrees. For Fish Velouté, substitute fish stock for milk. Serve on fish.

SAVORY CREAM GRAVY

Yield: 1 gal

Ingredient	*Amount*	*Procedure*
Chicken Stock (p. 598)	1¾ qt	Combine.
Water	2 cups	
Soy sauce	¾ cup	
Light cream (half-and-half)	2 cups	
Margarine, melted	8 oz	Sauté vegetables in margarine.
Celery leaves, fresh, coarsely chopped	4 oz	
Green onions, finely chopped	4 oz	
Garlic, minced	2 cloves	
Basil leaves, dried, crumbled	2 Tbsp	Blend spices and flour into vegetables, while stirring with a wire whip.
Nutmeg, ground	1½ tsp	Slowly add combined liquids. Cook, stirring constantly until mixture thickens.
Flour, all-purpose	7 oz	
Sour cream	2½ cups	Blend in sour cream. Do not boil. Keep warm.

Approximate nutritive values per ounce **Calories** 37

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	**4%**	**Cholest.** 3 mg	**1%**	**Total Carb.** 2 g	**1%**	**Vitamin A**	**2%**	**Calcium**	**1%**
Sat. Fat 1 g	**6%**	**Sodium** 161 mg	**7%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 1 g				Sugars 0 g					

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Notes

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- Ladle over poultry or meat.
- A stock made from a good-quality base can be substituted for the Chicken Stock.

PAN GRAVY

Yield: 1 gal *Portion:* ⅓ cup (2½ oz)

Ingredient	*Amount*	*Procedure*
Fat, hot (meat drippings)	8 oz	Add flour to fat and blend.
Flour, all-purpose	8 oz	
Salt	1 Tbsp	Stir in salt and pepper. Cook 5 minutes.
Pepper, black	1 tsp	
Meat or Chicken Stock (pp. 599, 598)	1 gal	Add stock gradually. Cook, stirring constantly with wire whip. Cook until smooth and thickened.

Approximate nutritive values per ounce **Calories** 25

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**3%**	**Cholest.** 2 mg	**1%**	**Total Carb.** 0 g	**0%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 1 g	**5%**	**Sodium** 148 mg	**6%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 1 g				Sugars 0 g					

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- If beef or chicken base is used for stock, delete or reduce salt.

Variations

- **Brown Gravy.** Use 10 oz flour and brown in the fat.
- **Chicken Gravy.** Use chicken drippings for fat and chicken stock for liquid.
- **Chicken or Turkey Gravy (using base).** In steam-jacketed kettle melt 12 oz margarine. Using a wire whip, stir in 14 oz flour. Cook 30 minutes, stirring often. Add 3½ qt water and 3 oz chicken base. Cook until thickened and no starchy flavor remains, 190°F. Add 1 tsp black pepper, ½ tsp poultry seasoning, and 1 tsp caramel coloring (kitchen bouquet)(optional). Makes 1 gal. Salt may need to be adjusted depending on the amount of salt in the chicken base.
- **Cream Gravy.** Substitute milk for water or stock.
- **Giblet Gravy.** Use chicken drippings for fat and chicken stock for liquid. Add 1 qt cooked giblets, chopped.
- **Onion Gravy.** Lightly brown 1 lb thinly sliced onions in fat before adding flour.
- **Vegetable Gravy.** Add 1 lb diced carrots, 4 oz chopped celery, and 12 oz chopped onion, cooked in water, meat, or vegetable stock.

BROWN SAUCE

Yield: 2 qt *Portion:* 3 Tbsp (1½ oz)

Ingredient	*Amount*	*Procedure*
Beef Stock (p. 599)	2 qt	Add onions and seasonings to meat stock. If soup base has been used to make stock, taste before adding salt.
Onion, thinly sliced	4 oz	
Salt	2 tsp	Simmer about 10 minutes.
Pepper, black	¼ tsp	Strain.
Shortening	8 oz	Heat shortening and blend with flour. Cook about 10 minutes until it becomes uniformly brown in color.
Flour, all-purpose	5 oz	
		Add hot stock while stirring with wire whip. Cook until thickened.

Approximate nutritive values per ounce **Calories** 39

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	**5%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 2 g	**1%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 1 g	**4%**	**Sodium** 150 mg	**6%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 1 g				Sugars 0 g					

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Variations

- **Jelly Sauce.** Add 2 cups currant jelly, beaten until soft, 2 Tbsp tarragon vinegar, and 4 oz sautéed minced onions. Serve with lamb or game.
- **Mushroom Sauce.** Add 1 lb sliced mushrooms and 2 oz minced onions, sautéed. Serve with steak.
- **Olive Sauce.** Add 6 oz chopped stuffed olives. Serve with meat or duck.
- **Piquant Sauce.** Add 2 oz minced onions, 2 oz capers, ½ cup vinegar, 4 oz sugar, ¼ tsp salt, ¼ tsp paprika, and ½ cup chili sauce or chopped sweet pickle. Serve with meats.
- **Savory Mustard Sauce.** Add ½ cup prepared mustard and ½ cup horseradish. Serve with meats.

FRESH MUSHROOM SAUCE

Yield: 1 gal *Portion:* 2½ oz

Ingredient	*Amount*	*Procedure*
Mushrooms, fresh	4 lb	Clean, trim, and slice mushrooms.
Margarine	8 oz	Melt margarine. Sauté onions and mushrooms.
Onions, minced	2 oz	
Flour, all-purpose	4 oz	Add flour and blend. Cook 5 minutes.
Chicken Stock, hot (p. 598)	2 qt	Add stock and milk while stirring with wire whip. Cook until thickened.
Milk or cream	2 cups	Taste for seasoning. Add salt if needed.
Salt	To taste	

Approximate nutritive values per ounce **Calories** 21

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 1 g	**2%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 0 g	**0%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 1 g	**2%**	**Sodium** 58 mg	**2%**	Fiber 0.2 g	**1%**	**Vitamin C**	**0%**	**Iron**	**1%**
Protein 1 g				Sugars 0 g					

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Notes

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- Canned, drained mushrooms may be substituted for fresh mushrooms. Stir into prepared sauce.

Variations

- **Mushroom and Almond Sauce.** Add 1 lb slivered almonds. Serve over rice as an entree.
- **Mushroom and Cheese Sauce.** Add 1 lb shredded cheese. Serve over asparagus or broccoli.

BARBECUE SAUCE (COOKED)

Yield: 1½ gal

Ingredient	*Amount*	*Procedure*
Catsup	1 No. 10 can	Combine all ingredients.
Water	3 qt	Simmer 10 minutes.
Vinegar, cider	2 cups	Baste chicken or meat with sauce during cooking.
Salt	2 Tbsp	
Pepper, black	1 tsp	
Sugar, granulated	4 oz	
Chili powder	1 tsp	
Worcestershire sauce	¼ cup	
Hot pepper sauce	1 Tbsp	
Onion, grated	4 oz	

Approximate nutritive values per ounce **Calories** 17

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 5 g	**2%**	**Vitamin A**	**2%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 211 mg	**9%**	Fiber 0.2 g	**1%**	**Vitamin C**	**4%**	**Iron**	**0%**
Protein 0 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • ½ oz (¼ cup) dehydrated onion may be substituted for the fresh onion.

BARBECUE SAUCE (UNCOOKED)

Yield: 1 gal

Ingredient	*Amount*	*Procedure*
Catsup	1 No. 10 can	Mix all ingredients.
Vinegar, cider	3 cups	Pour over meat or chicken.
Sugar, granulated	12 oz	Follow cooking directions for meat or poultry.
Salt	4 oz	
Onion, grated	4 oz	

Approximate nutritive values per ounce **Calories** 34

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 9 g	**3%**	**Vitamin A**	**4%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 583 mg	**24%**	Fiber 0.4 g	**2%**	**Vitamin C**	**5%**	**Iron**	**1%**
Protein 0 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • ½ oz (¼ cup) dehydrated onion may be substituted for the fresh onion.

SALSA

Yield: 1 gal

Ingredient	*Amount*	*Procedure*
Tomatoes, canned, crushed	3 lb 10 oz	Combine all ingredients in stainless steel or glass container. Mix well.
Tomato juice	3 lb 6 oz	Store covered in refrigerator.
Green pepper, dried, chopped	1 oz	May be heated before service.
Onion, fresh, chopped	8 oz	
Garlic powder	¼ tsp	
Peppers, green chilies	8 oz	
Peppers, jalapeño, canned, chopped	10 oz	
Vinegar, cider	¾ cup	
Salt	2 tsp	
Sugar, granulated	1 Tbsp	
Hot pepper sauce	1 Tbsp	
Oregano, dried, crumbled	½ tsp	
Pepper, cayenne	¾ tsp	
Cumin, ground	¾ tsp	

Approximate nutritive values per ounce **Calories** 6

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 0 g	**0%**	**Vitamin A**	**1%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 134 mg	**6%**	Fiber 0.3 g	**1%**	**Vitamin C**	**8%**	**Iron**	**1%**
Protein 0 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- May be served as a condiment with tacos, tostadas, chimichangas, or other Mexican entrees.

SUMMER CUCUMBER AND MELON SALSA

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Cucumber, diced ¼ inch (peeled)	4 lb (EP)	Gently mix all ingredients being careful not to mash fruit and vegetables.
Red bell pepper, chopped	1 lb 8 oz (EP)	Cover and refrigerate up to 6 hours.
Red onion, finely chopped	1 lb 8 oz (EP)	
Cilantro leaves, chopped fresh	4 oz	
Cantaloupe, ½-inch dice (peeled)	4 lb 8 oz (EP)	
Olive oil	¾ cup	
Lime juice, fresh	¾ cup	
Red wine vinegar	¾ cup	
Sugar, granulated	2 tsp	
Salt	½ tsp	
Pepper, black	⅛ tsp	
		Serve as a side accompaniment with chicken or fish. Keep cold, below 41°F.

Approximate nutritive values per portion **Calories** 55

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3.4 g	**5%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 7 g	**2%**	**Vitamin A**	**25%**	**Calcium**	**2%**
Sat. Fat0 .5 g	**2%**	**Sodium** 34 mg	**1%**	Fiber 1 g	**5%**	**Vitamin C**	**75%**	**Iron**	**2%**
Protein 0.9 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

FRUIT SALSA

Yield: 50 portions *Portion:* 2 oz

Ingredient	*Amount*	*Procedure*
Fresh fruit (see suggestions below)	3 lb 12 oz (EP)	Prepare fruit as required (peel, seed, etc.). Slice or cut into ¼-inch cubes.
Red bell peppers Anaheim chili peppers Jalapeño peppers	1 lb 4 oz (EP) 6 oz (EP) 6 oz (EP)	Remove stem end and seed pod from peppers. Dice bell peppers into ¼-inch cubes. Slice Anaheim and jalapeño peppers into thin slices. Stir carefully into fruit.
Onions, red	6 oz	Dice onions into ¼-inch cubes. Stir carefully into fruit.
Red pepper flakes Lime juice, fresh Cilantro, fresh, chopped	1 tsp 1 cup 1 oz (¾ cup)	Stir carefully into fruit mixture. Cover and chill.

Fruit suggestions
Tropical fruit: papaya or papaya and mango
Sunburst: papaya and orange
Southwest peach: fresh peaches
Fruit and cucumber: papaya and cucumber

Approximate nutritive values per portion **Calories** 65

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**54%**	**Calcium**	**2%**
Sat. Fat 0 g	**0%**	**Sodium** 62 mg	**3%**	Fiber 2 g	**10%**	**Vitamin C**	**410%**	**Iron**	**190%**
Protein 2 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Canned jalapeño peppers, drained and chopped, can be substituted for fresh jalapeño peppers.
- Reconstituted frozen lime juice may be substituted for fresh lime juice.

WHITE BEAN AND TOMATO SAUCE

Yield: 50 portions *Portion:* 3 oz
Oven: 425°F *Bake:* 15–20 minutes plus 15 minutes

Ingredient	*Amount*	*Procedure*
Tomatoes, diced, canned	3 lb 12 oz	Combine tomato, onion, garlic, and oil. Put mixture into one 12 × 20 × 4-inch pan and bake at 425°F until most of the tomato liquid evaporates and onion is tender (approximately 20 minutes).
Onion, chopped coarsely	1 lb 8 oz	
Garlic, minced	3 oz	
Olive oil	1 cup	
White beans, canned	9 lb	Carefully combine undrained beans (see Notes), vinegar, herbs, and spices with tomato mixture. Cover and bake until heated to 165°F (approximately 15 minutes). Remove from oven and keep warm, above 140°F. Serve as a base under fish or poultry.
Red wine vinegar	⅓ cup	
Parsley, fresh, chopped	2 cups	
Basil, fresh, chopped	¼ cup	
Thyme, fresh, chopped	2 Tbsp	
Pepper, black	1 Tbsp	
Salt	1½ tsp	

Approximate nutritive values per portion **Calories** 122

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**7%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**5%**	**Calcium**	**5%**
Sat. Fat 1 g	**3%**	**Sodium** 489 mg	**20%**	Fiber 1 g	**3%**	**Vitamin C**	**12%**	**Iron**	**10%**
Protein 5 g				Sugars 2 g					

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- If canned beans have a large amount of liquid, partially drain and carefully stir in reserved liquid until the desired consistency is achieved.
- Fresh tomatoes may be substituted for canned. Peel and remove seeds before coarsely chopping.
- ¼ cup fresh cilantro may be substituted for the parsley.

Variation

- **Black Bean and Tomato Sauce.** Substitute canned black beans for the white beans.

MARINARA SAUCE

Yield: 2 gal *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Onion, chopped	1 lb	Sauté onion and garlic in oil until tender and golden in color.
Garlic, minced	8 cloves	
Olive oil	¾ cup	
Plum tomatoes, canned, undrained	20 lb (2½ gal)	Add tomatoes to onion-garlic mixture. Break tomatoes into small pieces.
Parsley, fresh, chopped	3 oz	Stir in seasonings. Cover and simmer for 2 hours, stirring occasionally. Cook until sauce reaches desired consistency.
Basil, dried, crumbled	3 Tbsp	
Salt	2 Tbsp	
Pepper, black	1½ tsp	

Approximate nutritive values per ounce **Calories** 14

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	1%	**Cholest.** 0 mg	0%	**Total Carb.** 2 g	1%	**Vitamin A**	2%	**Calcium**	1%
Sat. Fat 0 g	0%	**Sodium** 108 mg	5%	Fiber 0.3 g	1%	**Vitamin C**	9%	**Iron**	1%
Protein 0 g				Sugars 1g					

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- Serve over pasta, meats, or poultry. Sprinkle with Parmesan cheese.
- 3 Tbsp brown sugar may be added for a sweeter sauce.
- Vegetable oil may be substituted for olive oil.
- 2 oz finely chopped sweet red bell pepper may be added along with parsley and spices.
- Diced tomatoes may be substituted for plum tomatoes. Drain some of the juice before adding or cook longer until the liquid evaporates and sauce thickens.
- To make a thicker sauce requiring less cooking time substitute 6 lb tomato puree for 6 lb tomatoes.

Variations

- **Marinara Sauce with Olives.** Add to sauce 2 lb 8 oz sliced black olives, drained; 2 Tbsp oregano, dried, leaf; and 2 tsp red pepper flakes. Small whole olives may be substituted for sliced olives. 8 oz capers may be added.
- **Tomato Zucchini Sauce.** Follow recipe for Marinara Sauce with Olives. Add 3 lb sliced zucchini just before serving and heat to serving temperature. Serve with grated Romano or Parmesan cheese.

ITALIAN TOMATO SAUCE

Yield: 1½ gal *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Olive oil	3 oz	In steam-jacketed kettle or large pan, sauté onions, garlic, and peppers until onions are transparent.
Onions, finely chopped	1 lb 6 oz (EP)	
Garlic, minced	2 oz (EP)	
Green peppers, finely chopped	6 oz (EP)	
Tomato juice	2½ qt	Add liquids and spices. Stir well to combine.
Tomato puree	3 cups	Heat to boiling. Reduce heat and simmer for 20–30 minutes. For a thicker sauce, increase cooking time.
Tomato paste	3½ cups	
Water	2 qt	Remove bay leaves before serving.
Oregano leaves, dried	1 Tbsp	
Thyme leaves, dried	1 tsp	
Basil leaves, dried	¼ cup	
Red pepper, crushed	1 tsp	
Parsley, dried	¼ cup	
Bay leaves	4 leaves	
Pepper, black	1 Tbsp	
Salt	1 oz	
Sugar, granulated (see Notes)	2 Tbsp	

Approximate nutritive values per portion **Calories** 60

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 0 mg	0%	**Total Carb.** 10 g	3%	**Vitamin A**	7%	**Calcium**	3%
Sat. Fat 0.3 g	1%	**Sodium** 472 mg		Fiber 2 g	9%	**Vitamin C**	32%	**Iron**	7%
Protein 1.6 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- For a less sweet sauce, omit sugar. For a sweeter sauce, increase sugar to 3 Tbsp.
- Serve over pasta or as a base for Italian sauces with meat or shellfish.
- The names Marinara and Italian Tomato Sauce may be used interchangeably.

SPANISH SAUCE

Yield: 3 qt *Portion:* 3 Tbsp (2 oz)

Ingredient	*Amount*	*Procedure*
Onion, chopped	4 oz	Sauté onion in shortening.
Shortening	4 oz	
Tomatoes, canned, diced	2 qt	Add remaining ingredients. Simmer until vegetables are tender.
Celery, diced	1 lb	
Green pepper, chopped	8 oz	
Pimiento, chopped	6 oz	
Salt	1 Tbsp	
Pepper, black	½ tsp	
Pepper, cayenne	Few grains	

Approximate nutritive values per ounce **Calories** 17

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	2%	**Cholest.** 0 mg	0%	**Total Carb.** 1 g	1%	**Vitamin A**	1%	**Calcium**	0%
Sat. Fat 1 g	2%	**Sodium** 104 mg	4%	Fiber 0.3 g	1%	**Vitamin C**	11%	**Iron**	1%
Protein 0 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Serve with meat, fish, cheese, or Mexican entrees.
- ½ oz (¼ cup) dehydrated onions, rehydrated in ½ cup water, may be substituted for fresh onions.
- 1 tsp cilantro may be added.

HORSERADISH SAUCE

Yield: 5 cups *Portion:* 1½ Tbsp (½ oz)

Ingredient	*Amount*	*Procedure*
Horseradish, drained	8 oz	Combine.
Prepared mustard	2 Tbsp	
Salt	½ tsp	
Paprika	¼ tsp	
Pepper, cayenne	⅛ tsp	
Vinegar, cider	⅓ cup	
Cream, whipping	2 cups	Whip cream. Fold in horseradish mixture. Chill.

Approximate nutritive values per ounce **Calories** 54

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	8%	**Cholest.** 19 mg	6%	**Total Carb.** 1 g	1%	**Vitamin A**	5%	**Calcium**	1%
Sat. Fat 3 g	17%	**Sodium** 61 mg	3%	Fiber 0.4 g	1%	**Vitamin C**	0%	**Iron**	0%
Protein 1 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes
- Potentially hazardous food. Store for service at an internal temperature below 41°F.
- Serve with ham or roast beef.

COCKTAIL SAUCE

Yield: 2 qt *Portion:* 2½ Tbsp (1½ oz)

Ingredient	*Amount*	*Procedure*
Chili sauce	1 qt	Mix all ingredients. Chill.
Catsup	2 cups	
Lemon juice	1 cup	
Onion juice	2 Tbsp	
Celery, finely chopped	10 oz	
Worcestershire sauce	5 tsp	
Horseradish	3 oz	
Hot pepper sauce	Few drops	

Approximate nutritive values per ounce **Calories** 26

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 6 g	2%	**Vitamin A**	3%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 288 mg	12%	Fiber 0.3 g	1%	**Vitamin C**	8%	**Iron**	1%
Protein 0 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Serve as a condiment for clam, crab, lobster, oyster, or shrimp.

HORSERADISH CAPER SAUCE

Yield: 50 portions *Portion:* 1 oz

Ingredient	*Amount*	*Procedure*
Nonfat sour cream	3 cups	Combine all ingredients in a mixer bowl. Mix until combined. Chill quickly (within 4 hours) to below 41°F.
Buttermilk	2 cups	
Chives, minced, fresh	¾ cup	
Capers, small	½ cup	
Horseradish, prepared	⅓ cup	
Pepper, black	¼ tsp	

Approximate nutritive values per portion **Calories** 13

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 2 g	1%	**Vitamin A**	5%	**Calcium**	3%
Sat. Fat 0 g	0%	**Sodium** 21 mg	1%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 1 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes
- Potentially hazardous food. Hold for service at a temperature below 41°F.
- Serve with fish.

Variation
- **Horseradish–Dill Sauce.** Delete capers. Add ⅓ cup fresh dill weed.

MUSTARD SAUCE (COLD)

Yield: 3 cups *Portion:* 1 Tbsp

Ingredient	*Amount*	*Procedure*
Sugar, granulated Salt Dry mustard	2 Tbsp ½ tsp 2 tsp	Mix dry ingredients.
Water Vinegar, cider Eggs, beaten	2 Tbsp ¼ cup 2 (3 oz)	Add water, vinegar, and eggs to dry ingredients. Cook until thick.
Margarine	1 oz	Add margarine. Stir until melted. Cool quickly to below 41°F.
Cream, whipping	2 cups	Whip cream and fold into cooked mixture.

Approximate nutritive values per ounce **Calories** 77

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**12%**	**Cholest.** 37 mg	**12%**	**Total Carb.** 2 g	**1%**	**Vitamin A**	**7%**	**Calcium**	**1%**
Sat. Fat 4 g	**21%**	**Sodium** 72 mg	**3%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 1 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F.
- Serve cold with ham, pork, or beef roast.

Variation

- **Hot Chinese Mustard.** Combine 8 oz dry mustard, ⅓ cup salad oil, and 1 oz (1½ Tbsp) salt. Add 2 cups boiling water. Stir until smooth. Serve with egg rolls.

MUSTARD SAUCE (HOT)

Yield: 2 qt *Portion:* 2 Tbsp (1 oz)

Ingredient	*Amount*	*Procedure*
Beef Stock (p. 599)	2 qt	Heat stock to boiling point.
Cornstarch	5 oz	Blend dry ingredients with cold water.
Sugar, granulated	2 Tbsp	Add gradually to hot stock. Cook and stir until thickened.
Salt	2 tsp	
Pepper, white	½ tsp	
Water, cold	½ cup	
Prepared mustard	2 oz	Add remaining ingredients.
Horseradish	4 oz	Stir until blended.
Vinegar, cider	2 Tbsp	
Margarine	1 oz	

Approximate nutritive values per ounce **Calories** 14

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 2 g	**1%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 155 mg	**6%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 0 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Serve hot with fresh or cured ham or fish.

SWEET-SOUR SAUCE

Yield: 1¼ qt *Portion:* 1½ Tbsp

Ingredient	*Amount*	*Procedure*
Sugar, granulated	10 oz	Combine sugar and cornstarch in kettle.
Cornstarch	¼ cup	
Vinegar, cider	1 cup	Add vinegar, water, and soy sauce to dry ingredients and stir until smooth.
Water	2½ cups	
Soy sauce	¼ cup	
Catsup	¾ cup	Stir catsup into mixture in kettle. Cook until translucent, stirring constantly. Serve as a condiment with egg rolls or chicken nuggets.

Approximate nutritive values per ounce **Calories** 24

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 7 g	**2%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 0 g	**0%**	**Sodium** 106 mg	**4%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 0 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

RAISIN SAUCE

Yield: 1½ qt *Portion:* 2 Tbsp

Ingredient	*Amount*	*Procedure*
Raisins, seedless	1 lb	Steam raisins or simmer in small amount of water for 3–5 minutes.
Sugar, granulated	4 oz	Mix sugar and water, and heat to boiling point.
Water	2 cups	
Currant jelly	1 lb	Add cooked raisins, currant jelly, and remaining ingredients. Simmer 5 minutes or until jelly is melted.
Vinegar, cider	⅓ cup	
Margarine	2 oz	
Worcestershire sauce	1 Tbsp	
Salt	1 tsp	
Pepper, white	¼ tsp	
Cloves, ground	½ tsp	
Mace	⅛ tsp	
Red food coloring (optional)	Few drops	

Approximate nutritive values per ounce **Calories** 66

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	1%	**Cholest.** 0 mg	0%	**Total Carb.** 15 g	5%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 56 mg	2%	Fiber 0.4 g	1%	**Vitamin C**	2%	**Iron**	1%
Protein 0 g				Sugars 12 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Serve with baked ham.

CUCUMBER SAUCE

Yield: 3 cups *Portion:* 1 Tbsp (½ oz)

Ingredient	*Amount*	*Procedure*
Cucumbers	1 lb	Peel cucumbers; remove seeds. Grate or chop finely.
Sour cream	1 cup	Combine remaining ingredients and add to cucumber. Chill.
Onion, grated	1 Tbsp	
Vinegar, cider	1 Tbsp	
Lemon juice	1½ Tbsp	
Salt	½ tsp	
Pepper, cayenne	Few grains	

Approximate nutritive values per ounce **Calories** 23

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 4 mg	1%	**Total Carb.** 0 g	0%	**Vitamin A**	2%	**Calcium**	1%
Sat. Fat 1 g	6%	**Sodium** 50 mg	2%	Fiber 0 g	0%	**Vitamin C**	2%	**Iron**	0%
Protein 0 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F.
- Serve with fish.

TARTAR SAUCE

Yield: 1¾ qt *Portion:* 2 Tbsp (1 oz)

Ingredient	*Amount*	*Procedure*
Mayonnaise	1 qt	Mix all ingredients.
Pickle relish	6 oz	
Green pepper, chopped	¼ cup	
Parsley, chopped	¼ cup	
Green olives, chopped	6 oz	
Onion, minced	1 Tbsp	
Pimiento, chopped	2 oz	
Vinegar or lemon juice	½ cup	
Worcestershire sauce	Few drops	
Hot pepper sauce	Few drops	

Approximate nutritive values per ounce **Calories** 135

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 15 g	**22%**	**Cholest.** 10 mg	**3%**	**Total Carb.** 2 g	**1%**	**Vitamin A**	**2%**	**Calcium**	**0%**
Sat. Fat 2 g	**10%**	**Sodium** 198 mg	**8%**	Fiber 0 g	**0%**	**Vitamin C**	**4%**	**Iron**	**1%**
Protein 0 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Serve with fish.

HOLLANDAISE SAUCE

Yield: 12 portions *Portion:* 1½ Tbsp (¾ oz)

Ingredient	*Amount*	*Procedure*
Butter	2 oz	Place butter, lemon juice, and egg yolks over hot (not boiling) water.
Lemon juice	1½ Tbsp	
Egg yolks (see Notes)	3 (2 oz)	Cook slowly, beating constantly.
Butter	2 oz	When first portion of butter is melted, add second portion and beat until mixture thickens.
Butter	2 oz	Add third portion of butter and seasonings.
Salt	Few grains	Beat until thickened.
Pepper, cayenne	Few grains	Serve immediately. Discard any unused sauce.

Approximate nutritive values per ounce **Calories** 176

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 19 g	**30%**	**Cholest.** 127 mg	**42%**	**Total Carb.** 0 g	**0%**	**Vitamin A**	**28%**	**Calcium**	**1%**
Sat. Fat 11 g	**57%**	**Sodium** 180 mg	**8%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**1%**
Protein 1 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food.
- Serve with fish or green vegetables such as asparagus or broccoli.
- If sauce tends to curdle, add hot water, a teaspoon at a time, stirring vigorously.
- For safety and quality reasons, it is recommended that this sauce be made only in small quantity.
- Pasteurized eggs are recommended.

MOCK HOLLANDAISE SAUCE

Yield: 2 qt *Portion:* 2½ Tbsp (1½ oz)

Ingredient	*Amount*	*Procedure*
Butter or margarine	6 oz	Melt butter. Add flour and stir until smooth.
Flour, all-purpose	3 oz	Cook 3–5 minutes.
Milk	1½ qt	Add milk gradually, stirring constantly with wire whip. Cook until smooth and thickened.
Salt	1 tsp	Add seasonings.
Pepper, white	½ tsp	
Pepper, cayenne	Few grains	
Egg yolks, unbeaten (see Notes)	12 (8 oz)	Add a little egg yolk at a time, a little butter, and a little lemon juice until all are added.
Butter, cut in pieces	1 lb	Beat well.
Lemon juice	½ cup	Serve immediately. Discard any unused sauce.

Approximate nutritive values per ounce **Calories** 82

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**12%**	**Cholest.** 51 mg	**17%**	**Total Carb.** 2 g	**1%**	**Vitamin A**	**11%**	**Calcium**	**2%**
Sat. Fat 4 g	**19%**	**Sodium** 104 mg	**4%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 1 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food.
- Pasteurized eggs are recommended.

MEUNIÈRE SAUCE

Yield: 3 cups

Ingredient	*Amount*	*Procedure*
Margarine	1 lb 4 oz	Heat margarine until lightly browned.
Onion, minced	2 oz	Add onion and brown slightly.
Lemon juice	½ cup	Add juice and seasonings.
Worcestershire sauce	1 Tbsp	Serve hot over broccoli, brussels sprouts, green beans, spinach, or cabbage.
Lemon peel, grated	1 Tbsp	
Salt	1 tsp	

Approximate nutritive values per ounce **Calories** 180

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 20 g	**31%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 0 g	**0%**	**Vitamin A**	**7%**	**Calcium**	**1%**
Sat. Fat 4 g	**20%**	**Sodium** 333 mg	**14%**	Fiber 0 g	**0%**	**Vitamin C**	**5%**	**Iron**	**0%**
Protein 0 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- 3 oz toasted sliced almonds may be sprinkled over top of vegetable.

HOT BACON SAUCE

Yield: 2½ qt

Ingredient	*Amount*	*Procedure*
Bacon	1 lb	Dice bacon. Fry until crisp.
Flour, all-purpose	4 oz	Add flour and stir until smooth.
Sugar, granulated	1 lb 4 oz	Mix sugar, salt, vinegar, and water. Boil 1 minute.
Salt	¼ cup	Add to fat-flour mixture gradually while stirring.
Vinegar, cider	3 cups	Cook until slightly thickened.
Water	3 cups	

Approximate nutritive values per ounce **Calories** 65

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	4%	**Cholest.** 5 mg	2%	**Total Carb.** 9 g	3%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 1 g	5%	**Sodium** 411 mg	17%	Fiber 0 g	0%	**Vitamin C**	3%	**Iron**	1%
Protein 2 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Use to wilt lettuce or spinach; or with hot potato salad or shredded cabbage.

DRAWN BUTTER SAUCE

Yield: 2 qt *Portion:* 3 Tbsp (1½ oz)

Ingredient	*Amount*	*Procedure*
Butter	2 oz	Melt butter. Add flour and blend.
Flour, all-purpose	4 oz	
Water, hot	2 qt	Gradually add hot water, while stirring with wire whip. Cook 5 minutes until thickened.
Salt	1 tsp	When ready to serve, add salt and butter. Beat until blended.
Butter, cut into pieces	6 oz	

Approximate nutritive values per ounce **Calories** 29

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	4%	**Cholest.** 7 mg	2%	**Total Carb.** 1 g	1%	**Vitamin A**	2%	**Calcium**	0%
Sat. Fat 2 g	8%	**Sodium** 58 mg	2%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 0 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Serve with green vegetables, fried or broiled fish, or egg dishes.

Variations

- **Almond Butter Sauce.** Add ¼ cup lemon juice and 6 oz toasted slivered almonds just before serving.
- **Lemon Butter Sauce.** Add 1 Tbsp grated lemon peel and ¼ cup lemon juice just before serving. Serve with fish, new potatoes, broccoli, or asparagus.
- **Maître d'Hôtel Sauce.** Add ¼ cup lemon juice, ¼ cup chopped parsley, and 6 oz pasteurized egg yolks, well beaten.
- **Parsley Butter Sauce.** Add 1½ cups minced parsley just before serving. Serve with fish, potatoes, or other vegetables.

DESSERT SAUCE RECIPES

BUTTERSCOTCH SAUCE

Yield: 1¼ qt *Portion:* 1½ Tbsp (1 oz)

Ingredient	*Amount*	*Procedure*
Sugar, brown	1 lb	Combine and cook to soft-ball stage (240°F).
Corn syrup, light	1⅓ cups	Remove from heat.
Water	⅔ cup	
Margarine	6 oz	Add margarine and marshmallows.
Marshmallows	2 oz	Stir until melted. Cool.
Evaporated milk	1⅓ cups	When cool, add milk.

Approximate nutritive values per ounce **Calories** 97

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	**5%**	**Cholest.** 2 mg	**1%**	**Total Carb.** 17 g	**6%**	**Vitamin A**	**1%**	**Calcium**	**3%**
Sat. Fat 1 g	**4%**	**Sodium** 50 mg	**2%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**3%**
Protein 1 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

CARAMEL SAUCE

Yield: 2 qt *Portion:* 2½ Tbsp (1½ oz)

Ingredient	*Amount*	*Procedure*
Sugar, brown	1 lb	Mix sugars and flour. Stir in water.
Sugar, granulated	1 lb	Boil until thickened.
Flour, all-purpose	2 oz	
Water	1 qt	
Margarine	8 oz	Stir in margarine and vanilla.
Vanilla	1 Tbsp	

Approximate nutritive values per ounce **Calories** 82

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	**4%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 15 g	**5%**	**Vitamin A**	**1%**	**Calcium**	**0%**
Sat. Fat 1 g	**3%**	**Sodium** 36 mg	**2%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**1%**
Protein 0 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Serve warm or cold over ice cream or apple desserts.

CHOCOLATE SAUCE

Yield: 1½ qt *Portion:* 2 Tbsp (1 oz)

Ingredient	*Amount*	*Procedure*
Sugar, granulated Cornstarch Salt Cocoa	12 oz 2 oz 1 tsp 3 oz	Mix dry ingredients.
Water, cold	1 cup	Add cold water gradually to form a smooth paste.
Water, boiling	3½ cups	Add boiling water slowly while stirring. Boil for 5 minutes or until thickened. Remove from heat.
Margarine Vanilla	6 oz 1 tsp	Add margarine and vanilla. Stir to blend.

Approximate nutritive values per ounce **Calories** 59

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	**4%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 9 g	**3%**	**Vitamin A**	**1%**	**Calcium**	**0%**
Sat. Fat 1 g	**3%**	**Sodium** 77 mg	**3%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**3%**
Protein 0 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Serve warm or cold on puddings, cake, cream puffs, or ice cream.

HOT FUDGE SAUCE

Yield: 1½ qt *Portion:* 2 Tbsp (1 oz)

Ingredient	*Amount*	*Procedure*
Margarine, soft Sugar, powdered Evaporated milk	8 oz 1 lb 8 oz 1 13-oz can	Combine margarine, sugar, and milk over hot water. Stir and cook slowly for 30 minutes.
Unsweetened chocolate, chipped or melted	8 oz	Add chocolate and stir until blended.

Approximate nutritive values per ounce **Calories** 133

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**12%**	**Cholest.** 2 mg	**1%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**2%**	**Calcium**	**2%**
Sat. Fat 2 g	**11%**	**Sodium** 58 mg	**2%**	Fiber 0.3 g	**1%**	**Vitamin C**	**0%**	**Iron**	**2%**
Protein 1 g				Sugars 15 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Serve hot over ice cream.
- This sauce may be stored in the refrigerator. Heat over hot water before serving. If too thick or grainy, add evaporated milk before heating.

CUSTARD SAUCE

Yield: 1 gal *Portion:* ⅓ cup (2½ oz)

Ingredient	*Amount*	*Procedure*
Sugar, granulated Cornstarch Salt	14 oz 2 oz ½ tsp	Mix dry ingredients.
Milk, cold	2 cups	Add cold milk and mix until smooth.
Milk, hot	3 qt	Add cold mixture to hot milk gradually while stirring.
Egg yolks, beaten	10 (6 oz)	Stir in egg yolks gradually. Cook over hot water until thickened, about 5 minutes.
Vanilla	2 Tbsp	Remove from heat and add vanilla. Cool.

Approximate nutritive values per ounce **Calories** 35

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	**2%**	**Cholest.** 21 mg	**7%**	**Total Carb.** 5 g	**2%**	**Vitamin A**	**3%**	**Calcium**	**3%**
Sat. Fat 1 g	**3%**	**Sodium** 22 mg	**1%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 1 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at an internal temperature below 41°F. Keep leftover product below 41°F. See p. 44 for cooling procedures.
- Serve over cake-type puddings.

FLUFFY ORANGE SAUCE

Yield: 3 qt *Portion:* 3 Tbsp (1½ oz)

Ingredient	*Amount*	*Procedure*
Margarine Sugar, powdered	1 lb 5 oz 2 lb 2 oz	Melt margarine. Gradually add sugar. Beat with wire whip until it resembles whipped cream.
Eggs, beaten	10 (1 lb 2 oz)	Add eggs slowly, beating constantly.
Orange juice Orange peel, grated	1¾ cup 1½ Tbsp	Slowly blend in orange juice and peel. Heat 10–15 minutes. Beat again.

Approximate nutritive values per ounce **Calories** 109

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**10%**	**Cholest.** 27 mg	**9%**	**Total Carb.** 12 g	**4%**	**Vitamin A**	**3%**	**Calcium**	**0%**
Sat. Fat 1 g	**7%**	**Sodium** 77 mg	**3%**	Fiber 0 g	**0%**	**Vitamin C**	**3%**	**Iron**	**0%**
Protein 1 g				Sugars 12 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

LEMON SAUCE

Yield: 3 qt *Portion:* 3 Tbsp (2 oz)

Ingredient	*Amount*	*Procedure*
Sugar, granulated Cornstarch Salt	2 lb 3 oz ½ tsp	Mix dry ingredients.
Water, boiling	2 qt	Add boiling water. Cook until clear.
Lemon juice Margarine	⅔ cup 1 oz (2 Tbsp)	Add lemon juice and margarine.

Approximate nutritive values per ounce **Calories** 48

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 12 g	4%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 17 mg	1%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 0 g				Sugars 10 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Serve hot with Christmas Pudding (p. 256), Bread Pudding (p. 254), or Rice Custard (p. 254).

Variations

- **Nutmeg Sauce.** Omit lemon juice. Add 1 tsp nutmeg. Increase margarine to 4 oz.
- **Orange Sauce.** Substitute orange juice for lemon juice. Add 1 tsp freshly grated orange peel.
- **Vanilla Sauce.** Omit lemon juice and reduce sugar to 1 lb 4 oz. Add 2 Tbsp vanilla.

HARD SAUCE

Yield: 3⅓ cups *Portion:* 1 Tbsp (½ oz)

Ingredient	*Amount*	*Procedure*
Butter	8 oz	Cream butter on medium speed until soft and fluffy.
Water, boiling	2 Tbsp	Add water and continue to cream until very light.
Sugar, powdered Lemon juice	1 lb 3 oz ½ tsp	Add sugar gradually. Continue creaming. Add lemon juice. Place in refrigerator to harden.

Approximate nutritive values per ounce **Calories** 143

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	11%	**Cholest.** 19 mg	6%	**Total Carb.** 21 g	7%	**Vitamin A**	6%	**Calcium**	0%
Sat. Fat 4 g	22%	**Sodium** 73 mg	3%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 0 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Serve with Christmas Pudding (p. 256), Baked Apples (p. 260), or Peach Cobbler (p. 263).

Variations

- **Cherry Hard Sauce.** Add ½ cup chopped maraschino cherries.
- **Strawberry Hard Sauce.** Omit lemon juice and water. Add ¾ cup fresh or frozen strawberries, chopped.

BROWN SUGAR HARD SAUCE

Yield: 1 qt *Portion:* 1 Tbsp (½ oz)

Ingredient	*Amount*	*Procedure*
Butter	12 oz	Cream butter on medium speed until light.
Sugar, light brown	1 lb 4 oz	Add sugar gradually while creaming.
Vanilla	2 tsp	Add vanilla.
		Cream until fluffy.
Cream, whipping	¾ cup	Whip cream. Fold into sugar mixture. Chill.

Approximate nutritive values per ounce **Calories** 160

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**16%**	**Cholest.** 30 mg	**10%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**9%**	**Calcium**	**2%**
Sat. Fat 6 g	**32%**	**Sodium** 97 mg	**4%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**1%**
Protein 0 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Serve with Christmas Pudding (p. 256).

PEANUT BUTTER SAUCE

Yield: 2 qt *Portion:* 2½ Tbsp (1½ oz)

Ingredient	*Amount*	*Procedure*
Sugar, granulated	12 oz	Combine sugar, syrup, and water.
Corn syrup, light	1⅓ cups	Cook to 228°F and turn off heat or remove from burner.
Water, hot	¾ cup	
Margarine	6 oz	Add margarine and marshmallows.
Marshmallows, miniature	3 oz	Stir until melted. Cool.
		Place in mixer bowl.
Evaporated milk	12 oz	Add milk and peanut butter.
Peanut butter	8 oz	Beat until well blended.
		Refrigerate.

Approximate nutritive values per ounce **Calories** 109

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**8%**	**Cholest.** 2 mg	**1%**	**Total Carb.** 15 g	**5%**	**Vitamin A**	**1%**	**Calcium**	**1%**
Sat. Fat 1 g	**6%**	**Sodium** 59 mg	**2%**	Fiber 0.3 g	**1%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 2 g				Sugars 13 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Serve over ice cream.

RASPBERRY SAUCE

Yield: 3 qt *Portion:* 3 Tbsp (2 oz)

Ingredient	*Amount*	*Procedure*
Red raspberries, frozen	5 lb	Defrost berries. Do not drain.
Sugar, granulated	2 oz	Combine sugar and cornstarch and add to berries.
Cornstarch	1 oz	Cook until clear.
Currant jelly	1 lb 8 oz	Add jelly. Stir until melted. Cool.

Approximate nutritive values per ounce **Calories** 47

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 12 g	4%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 0 mg	0%	Fiber 1 g	4%	**Vitamin C**	7%	**Iron**	1%
Protein 0 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Serve over vanilla ice cream or raspberry, lemon, or lime sherbet.
- Raspberries may be strained before thickening.

Variations

- **Fresh Strawberry Sauce.** Substitute 5 lb fresh strawberries, cleaned and hulled, for raspberries. Mash berries, add 2½ cups water, and strain to remove seeds. Combine 1¼ cups sugar and ⅓ cup cornstarch with juice. Heat to boiling, stirring constantly. Cook until thickened and clear. Chill. Serve over ice cream or other desserts.
- **Peach Melba.** Pour 3 Tbsp Raspberry Sauce over a scoop of vanilla ice cream placed in the center of a canned, fresh, or frozen peach half.

BROWN SUGAR SYRUP

Yield: 2 gal

Ingredient	*Amount*	*Procedure*
Sugar, brown	5 lb	Combine all ingredients.
Sugar, granulated	5 lb 8 oz	Stir and heat until sugar is dissolved.
Corn syrup	1 cup	
Water	2½ qt	
Margarine	4 oz	

Approximate nutritive values per ounce **Calories** 80

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 20 g	7%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 9 mg	1%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	1%
Protein 0 g				Sugars 10 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Serve warm or cold on pancakes, fritters, or waffles.
- ½ tsp maple flavoring may be added.

Variation

- **Blueberry Syrup.** Combine 1½ qt water, 12 oz granulated sugar, 1 tsp salt, and ⅓ cup lemon juice. Heat to boiling. Mix 4 oz waxy maize starch and 1½ cups cold water to make a paste. Add slowly to sugar mixture, stirring constantly. Cook until thickened and clear. Fold in 3 lb 8 oz individually quick frozen (IQF) blueberries. Serve warm over pancakes, French toast, or ice cream.

MARINADE, RUB, AND SEASONING RECIPES

COMPOUND BUTTERS

Yield: 2 lb

Ingredient	*Amount*	*Procedure*
Butter, unsalted, softened	2 lb	Mix flavoring with softened butter. Form into ¾-inch-diameter logs or cube.
Flavoring	See Variations	Refrigerate until firm enough to slice. Use for meats, pasta, rice, vegetables, and breads. A ¼-inch slice equals 1 tsp; a ¾-inch slice equals 1 Tbsp.

Note

- Compound butter may be tightly wrapped in foil and frozen. Freeze for no more than 1 month.

Variations

- **Basil Butter.** Add 4 cups fresh basil leaves; 3 cloves garlic, minced; and ¼ cup lemon juice.
- **Dill Butter.** Add 2 cups minced dill or ½ cup dried dill weed and ¼ cup lemon juice. Use on potatoes and other cooked vegetables, rice, and fish.
- **Garlic Butter.** Add 16 cloves garlic, crushed. Use on potatoes and other cooked vegetables, pasta, and pasta sauce.
- **Herb Butter.** Add 1 cup finely chopped chives, 1 cup finely chopped fresh parsley, ¼ cup fresh tarragon, and 1 tsp lemon juice.
- **Lemon Butter.** Add 1 cup lemon juice, 2 tsp lemon zest, and ¼ cup Dijon-style mustard (optional).
- **Mustard Butter.** Add 10 oz minced scallions, 8 oz whole grain mustard, 1 oz chopped fresh parsley, ¼ cup lemon juice, and ½ tsp ground red pepper.
- **Parsley Butter.** Add 2 cups finely chopped fresh parsley. Use on potatoes and other vegetables, rice, fish, soups, and sauces.
- **Parsley Lemon Butter.** Add 2 cups finely chopped fresh parsley and ¾ cup fresh lemon juice.
- **Red Pepper Butter.** Add 1 cup sweet red pepper, finely chopped; 1 cup yellow onion, finely chopped; and 8 cloves garlic, finely minced.

HERB BUTTER SEASONING

Yield: 1 qt

Ingredient	*Amount*	*Procedure*
Butter	2 lb	Place butter in mixer bowl. Let stand at room temperature until soft enough to mix.
Lemon juice	2 tsp	Add lemon juice and seasonings to butter. Mix on low speed, using flat beater, until all ingredients are mixed thoroughly.
Seasonings	See next step	
For vegetables:		
Basil leaves, dried, crushed	1 Tbsp	
Marjoram, ground	2 tsp	
Savory leaves, dried, crushed	1 Tbsp	
For meats:		
Marjoram, ground	2 tsp	
Dry mustard	4 tsp	
Tarragon leaves, dried, crushed	1 Tbsp	
Rosemary leaves, dried, crushed	1 Tbsp	

Notes

- Other spices and herbs may be substituted for those listed in the recipe. See Appendix B for use of herbs and spices in cooking.
- White, cider, or wine vinegar may be substituted for part or all of the lemon juice.
- Unsalted butter may be substituted for salted butter.

Variations

- **Curry Butter.** Omit seasonings. Add 1 Tbsp curry powder.
- **Dill Butter.** Omit seasonings. Add 1 Tbsp dill weed.
- **Lemon Butter.** Omit seasonings. Increase lemon juice to 1 cup and add 3 Tbsp freshly grated lemon peel.
- **Onion Butter.** Omit seasonings and lemon juice. Blend in 2 oz onion soup mix.
- **Tarragon Butter.** Omit seasonings. Add 4 Tbsp tarragon leaves.

LEMON HERB SEASONING

Yield: approximately 2 cups

Ingredient	*Amount*	*Procedure*
Lemons	8	Finely shred lemon peel. Spread on baking pan. Dry in 300°F oven for about 10 minutes. Stir occasionally. Cool.
Basil, dried, leaves	5 Tbsp	Crush herbs. Mix with dry lemon peel. Store in airtight container.
Marjoram, dried, leaves	5 Tbsp	
Sage, dried, leaves	2 Tbsp	
Savory, dried, leaves	5 Tbsp	
Parsley, dried, leaves	3 Tbsp	
Thyme, dried, leaves	5 Tbsp	

Notes

- Use sparingly to season soups, stews, meats, fish, poultry, and vegetables.
- To substitute fresh herbs for dried herbs, use three times more fresh than dried. If using ground herbs, use only one-fourth as much as dried.
- Variation in flavor may be made by using different combinations of herbs. The following herbs may be substituted for those in the recipe: celery flakes, cilantro, dill weed, oregano, rosemary, or tarragon.

SEASONED SALT

Yield: approximately 2 cups

Ingredient	*Amount*	*Procedure*
Salt	1 lb	Mix all ingredients together thoroughly. Store covered.
Celery salt	2 oz	
Onion powder	2 oz	
Garlic powder	1 oz	
Paprika	1 Tbsp	
Chili powder	4 Tbsp	

Note

- Can be used to season meats, salads, or vegetables.

TOASTED SPICE BLEND

Yield: 1 cup
Oven: 375°F

Ingredient	*Amount*	*Procedure*
Allspice, ground	1 Tbsp	Combine spices. Spread in a thin, even layer in a dry skillet or baking pan.
Cardamom, ground	2 tsp	
Cinnamon, ground	1 Tbsp	Cook over medium heat (375°F oven) for approximately 1–2 minutes, until fragrant and just beginning to smoke.
Cumin, ground	2 Tbsp	
Ginger, ground	4 Tbsp	Shake the pan throughout cooking to prevent burning. Cool.
Mace, ground	1 tsp	Store in airtight container for up to 2 weeks.
Dry mustard	2 Tbsp	
Pepper, coarse ground, black	1 Tbsp	
Pepper, cayenne	2 Tbsp	
Tumeric, ground	2 Tbsp	

Notes

- Use sparingly to season soups, stews, and meats. The flavor profile complements Moroccan and African dishes.
- Spice flavors intensify when toasted.
- Other spices may be toasted. Follow procedure as for Toasted Spice Blend.
- When toasting seeds, cover loosely with a lid to prevent seeds from popping out of the pan. Increase cooking time to 2–3 minutes, or until seeds begin to pop and are fragrant.
- When toasting nuts, heat until the nuts begin to darken in color, 3–4 minutes.

CAJUN SEASONING

Yield: approximately 1½ cups

Ingredient	*Amount*	*Procedure*
Paprika	2 oz	Combine spices and store in airtight container.
Garlic powder	2 oz	
Onion powder	1 oz	
Marjoram, dried	4 Tbsp	
Thyme, dried	4 Tbsp	
Pepper, cayenne	3 Tbsp	
Pepper, black	4 Tbsp	
Salt	4 Tbsp	

Note

- Use to season poultry and fish. For blackened chicken or fish, rub with Cajun Seasoning before browning in a heavy pan.

DRY MARINADE FOR MEAT OR POULTRY

Yield: 10 oz dry spice

Ingredient	*Amount*	*Procedure*
Salt	2 oz	Mix spices. Store in sealed glass jar.
Pepper, cracked, black	1 Tbsp	Use as needed for marinade (follows).
Paprika	4 oz	
Oregano, dried, crumbled	1 oz	
Thyme, dried, crumbled	2 oz	
Cumin, ground	2 Tbsp	

Marinade for 20 lb Meat:

Spice blend (above)	4 oz (1 cup)	Mix spices with onion, garlic, oil, and lemon juice. May be prepared in food processor.
Onion, very finely chopped	1 lb	Rub over meat or poultry. Marinate several hours or over night in the refrigerator.
Garlic cloves, minced	2 oz	
Vegetable oil	½ cup	Grill or roast meat or poultry as per recipe instructions.
Lemon juice	½ cup	

MEAT MARINADE

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Salad oil	1 qt	Combine ingredients, mixing well.
Worcestershire sauce	¼ cup	Pour over meat. Marinate in the refrigerator 6 hours or longer.
Liquid smoke	¼ cup	
Soy sauce	2 cups	
Vinegar, cider	¼ cup	
Garlic, minced	4 cloves	
Celery salt	¼ cup	
Dry mustard	¼ cup	
Ginger, ground	¼ cup	
Sugar, brown	1 cup	

Note

- Pour over pork or beef.

FISH MARINADE

Yield: 2½ qt

Ingredient	*Amount*	*Procedure*
Vegetable oil	1 qt	Combine ingredients, mixing well.
Olive oil	3 cups	Place fish in marinade.
Lemon juice, fresh	3 cups	Refrigerate for 3 hours. Remove fish from marinade and grill or broil.
Oregano, dried, crumbled	¼ cup	
Parsley, dried	¼ cup	
Basil, dried, crumbled	¼ cup	
Garlic powder	1 Tbsp	
Salt	1 Tbsp	
Pepper, black	1 tsp	

VEGETABLE MARINADE

Yield: 1½ qt

Ingredient	*Amount*	*Procedure*
Lemon juice	2½ Tbsp	Combine.
Vinegar, white	⅓ cup	
Salad oil	1 cup	
Worcestershire sauce	1 Tbsp	
Water	⅓ cup	
Onion, finely chopped	3 oz	Add and mix.
Garlic, crushed	2 cloves	
Pimiento, chopped	¼ cup	
Parsley, finely chopped	¼ cup	
Salt	1½ Tbsp	Blend in and mix.
Sugar, granulated	1 Tbsp	Pour over fresh vegetables and marinate 6 hours or longer.
Pepper, black	⅛ tsp	
Tarragon	1 Tbsp	

Note

- Pour over fresh mushrooms or other fresh vegetables or pasta.

BALSAMIC VINEGAR MARINADE FOR VEGETABLES

Yield: 1¼ qt

Ingredient	*Amount*	*Procedure*
Balsamic vinegar	¾ cup	Mix vinegars, onion, garlic, and Spices using a wire whip.
Sherry wine vinegar	¼ cup	
Onion, finely minced	3 oz	
Garlic, finely minced	3 cloves	
Salt	½ tsp	
Pepper, black	½ tsp	
Vegetable oil	1½ cups	Whisk in oils.
Olive oil	2 cups	Store in a covered container in refrigerator for up to 1 week. Stir before using.

HONEY-BALSAMIC MARINADE

Yield: 5½ cups

Ingredient	*Amount*	*Procedure*
Honey	2 cups	Mix all ingredients.
Olive oil	2 Tbsp	Brush on fish or chicken before grilling or baking.
Dijon mustard	2 cups	
Balsamic vinegar	1¼ cups	
Pepper, coarse ground, black	1 Tbsp	
Garlic salt	1 Tbsp	

HERB MARINADE FOR POULTRY OR FISH

Yield: For approximately 50 portions of poultry or fish

Ingredient	*Amount*	*Procedure*
White wine	¾ cup	Combine all ingredients.
Lemon juice, fresh squeezed	1½ cups	Rub on both sides of chicken or fish portions. Marinate in refrigerator for 30 minutes.
Garlic cloves, minced	2 oz (EP)	Follow recipe instructions for grilling, broiling, or roasting.
Parsley, minced	2 oz	
Dijon mustard	¼ cup	
Red pepper flakes	2 Tbsp	
Fennel seeds, crushed	1 Tbsp	
Tarragon leaves, dried	1 Tbsp	
Salt	1 tsp	

HERB AND GARLIC MARINADE FOR VEGETABLES

Yield: 1½ qt

Ingredient	*Amount*	*Procedure*
Olive oil	1¼ qt	Combine all ingredients and stir to combine.
Red wine vinegar	1 cup	Stir before using.
Garlic, minced	2 oz (EP)	
Salt	1 oz	
Pepper, black	1½ tsp	
Thyme leaves, dried	1 tsp	
Basil leaves, dried	1 tsp	
Parsley, dried	1 tsp	
Red pepper, crushed	2 tsp	

VINAIGRETTE MARINADE

Yield: 3 qt

Ingredient	*Amount*	*Procedure*
Vegetable oil	1 qt	Using a wire whip, whisk together all ingredients.
Olive oil	1 qt	Use to marinate vegetables before roasting or to season steamed vegetables.
Cider vinegar	2½ cups	
Lemon juice (fresh)	1¼ cups	
Soy sauce	¼ cup	
Garlic, finely minced	4 oz (EP)	
Tarragon, dried	2 oz	
Dijon mustard	⅓ cup	
Salt	2 tsp	
Pepper, black	1 tsp	

Notes

- Use marinade within 1 week. Keep refrigerated.

CHAPTER 14

Soups

Homemade soups are popular and versatile menu items that may be served as an appetizer or as a center-of-the-plate entree. The type of soup served should complement the other menu items or be hearty enough for the entree. Hot soups should be heated to 180°F and cold soups served below 41°F.

TYPES OF SOUPS

Soups may be clear and thin or thick and hearty. Stock or broth, the basic ingredient of many soups, is made by simmering meat and/or meat, fish, or poultry bones, and/or vegetables in water to extract their flavor. The most frequently used stocks are brown (made from beef that has been browned before simmering) and white or light (made from veal and/or chicken). See pp. 598–600 for stock recipes.

Mirepoix, a mixture of chopped vegetables—usually in the proportion of 50 percent onions, 25 percent carrots, and 25 percent celery—is used in flavoring soup stock. Flavorings commonly used are bay leaves, peppercorns, whole cloves, and parsley stems.

For a clear soup, the stock should be clarified. Clarifying removes flecks that are too small to be strained out with cheesecloth, but that will cloud a soup's appearance. Stock is highly perishable. If it is not to be used immediately, it may be reduced in volume by boiling to one-half or one-fourth its volume and frozen for later use. Recipes for beef, chicken, and vegetable stocks and directions for clarifying stock are given on pp. 558 and 559.

Clear soups are made from a clear, seasoned stock or broth and include:

- *Bouillon,* made from beef broth that may or may not be clarified.
- *Consommé,* a strong, concentrated stock or broth.
- *Vegetable soup,* a clear seasoned stock or broth, with the addition of vegetables and sometimes meat or poultry products.

Thick soups are opaque rather than transparent. They are thickened either by a roux, which is a mixture of melted fat and flour slightly browned, or a puree of one of the ingredients. Examples are:

- *Cream soups,* made with a thin or medium white sauce combined with either mashed, strained, or finely chopped vegetables or meat, chicken, or fish. Chicken stock may be used to replace part of the milk in the sauce to enhance the flavor. If a stock base is used, it may be added to the margarine-flour roux or may be added to water and used as part of the liquid.
- *Chowders,* unstrained, chunky, hearty soups prepared from meat, poultry, seafood, and/or vegetables. Most chowders contain potatoes and milk or cream.
- *Purees,* thick soups made by pressing cooked vegetables or fish through a sieve into their own stock.

COMMERCIAL SOUP BASES

Because preparation of soups, especially those made from stock, is time-consuming, commercial food or soup bases are often used. The amount of meat concentrate in commercial soup bases varies,

so the choice of base should be made carefully to ensure a desirable, full-flavored stock. A high-quality base is a concentrate of cooked meat, poultry, seafood, or vegetables that includes the concentrated cooking juices and seasonings. It has a puree- or pastelike consistency and may require refrigeration. One pound of soup base produces an average of 5 gallons of ready-to-use stock. Most granulated soup bases and many paste products are highly salted. When using these products, the salt listed in the recipe should be deleted or reduced. Soup bases also can be used to prepare sauces, gravies, and stuffings.

SERVING AND HOLDING SOUPS

Hot soup cools off quickly in serving bowls. It is important that soup be very hot when served. Using a heated bowl helps hot soups retain their heat. Soups should be prepared in batches small enough for ingredients to retain their texture throughout the serving period. Cream soups will curdle if kept at too high a temperature or held for too long a time. For this reason, the milk may be added just before serving and the mixture reheated to serving temperature (180°F). Cold soups should be served in chilled bowls at 41°F.

STOCK SOUP RECIPES

CHICKEN STOCK

Yield: 3 gal

Ingredient	*Amount*	*Procedure*
Chicken bones	24 lbs	Rinse chicken bones and place in steam-jacketed or large stock pot.
Water, cold	5 gal	Add water. Simmer 3–4 hours. Skim as necessary.
Onions, quartered	1 lb 8 oz	Add vegetables and seasonings. Bring to boiling point. Reduce heat and simmer 1 hour longer.
Celery, with leaves, chopped	12 oz	
Carrots, chopped	12 oz	
Salt	3 oz	
Peppercorns, cracked	1 Tbsp	
Bay leaves	4 leaves	
Thyme, dried	2 tsp	
		Remove bones from broth. Strain and refrigerate. When broth is cold, fat will congeal on top; skim off.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If a clear broth is desired, clarify by adding egg shells and whites to broth. Bring stock to boiling point and simmer for 15 minutes. Strain through a fine strainer.

Variations

- **Chicken Stock with Soup Base.** Add 8 oz concentrated chicken base to 2½ gal water. Exact proportion of base and water may vary between manufacturers. Chicken base is often highly salted. When using chicken base for making stock, taste recipes before adding salt. The flavor of chicken stock made with base can be enhanced by simmering 12 oz clean vegetable trimmings (or vegetables listed above) with 2½ gal stock for approximately 15 minutes. Strain before using.
- **White Stock.** Substitute knuckle of veal for part of chicken bones.

BEEF STOCK

Yield: 3 gal

Ingredient	*Amount*	*Procedure*
Beef shank, lean	20 lb	Pour water over beef shanks in steam-jacketed kettle or large stock pot.
Water, cold	5 gal	Bring water to boiling point. Reduce heat and simmer until meat leaves bone, about 3 hours.
Onions, quartered	1 lb 8 oz	Add vegetables and seasonings. Simmer 1 hour.
Celery, with leaves, chopped	12 oz	Remove meat, strain broth.
		Refrigerate for several hours.
Carrots, chopped	12 oz	Skim congealed fat off top.
Peppercorns, cracked	1 Tbsp	
Bay leaves	2 leaves	
Salt	3 oz	

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variations

- **Beef Stock with Soup Base.** Add 8 oz concentrated beef base to 2½ gal water. Exact proportions may vary with different manufacturers. Beef base is often highly salted. When using beef base for making stock, taste recipes before adding salt. The flavor of beef stock made with base can be enhanced by simmering 12 oz clean vegetable trimmings (or the vegetables listed above) with 2½ gal stock for approximately 15 minutes. Strain before using.
- **Brown Stock.** Roast beef bones in hot oven until they are a rich brown color. Brown or caramelize vegetables before adding to the water. Proceed as for Beef Stock.

BOUILLON

Yield: 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Beef, lean	8 lb	Sear beef. Add bone and water.
Beef bone, cracked	4 lb	Simmer for 3–4 hours. Replace water as necessary.
Water, cold	4 gal	
Carrots, diced	8 oz	Add vegetables and seasonings.
Celery, chopped	8 oz	Cook 1 hour. Strain.
Onions, quartered	8 oz	Chill overnight.
Bay leaves	4	Remove congealed fat from broth.
Peppercorns	1 Tbsp	
Salt	¼ cup	
To clarify:		Add egg shells and whites to clarify the broth.
Egg shells, washed and crushed	3	Bring slowly to boiling point, stirring constantly. Boil 15–20 minutes without stirring.
Egg whites, beaten	3	Strain through a fine strainer.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variations

- **Chicken Bouillon.** Substitute 20 lb chicken, cut up, for the beef and bone. Do not sear chicken.
- **Tomato Bouillon.** To 1½ gal Bouillon, add four 46-oz cans tomato juice, 2 oz chopped onion, 2 oz sugar, 2 oz salt (amount will vary), ½ tsp pepper, and 2 bay leaves.

VEGETABLE STOCK

Yield: 3 gal

Ingredient	*Amount*	*Procedure*
Vegetable oil	6 oz	Heat oil in steam-jacketed kettle or large stock pot.
Green cabbage, coarsely chopped	12 oz	Add vegetables to oil. Cover and cook until softened and moisture is released, 3–5 minutes.
Carrots, coarsely chopped	1 lb 8 oz	
Celery, coarsely chopped	1 lb 8 oz	
Celery leaves, coarsely chopped	1 lb	
Garlic cloves, crushed	8 cloves	
Onions, quartered	2 lb 8 oz	
Parsley stems, chopped	3 oz	
Parsnips, peeled	1 lb	
Tomato, chopped	1 lb	
Turnips, chopped	12 oz	
Water	5 gal	Add water and spices.
Salt	3 oz	Simmer for 40–50 minutes.
Peppercorns, cracked	1 Tbsp	Strain stock and cool.
Bay leaves	6 leaves	
Thyme, dried	2 tsp	

Notes

- Potentially hazardous food. *Food Safety Standards:* Cool product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures.
- Clean vegetable trimmings may be substituted for part of the vegetables specified.

Variation

- **Vegetable Stock with Base.** Exact proportions of base and water differ between brands. Follow manufacturers' directions. Vegetable base is often highly salted. When using vegetable base for making stock, taste recipes before adding salt. The flavor of vegetable stock made with base can be enhanced by simmering 2 lb clean vegetable trimmings (or the soft or leafy vegetables listed above) with 3 gal stock for approximately 15 minutes. Strain before using.

BEEF BARLEY SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Beef, cubed	3 lb	Brown beef cubes in kettle. Drain off fat.
Celery, chopped	1 lb 6 oz	Add celery and onions. Sauté until tender.
Onions, chopped	1 lb 6 oz	
Beef Stock (p. 599)	3 gal	Add remaining ingredients. Bring to a boil.
Pepper, black	1 tsp	Lower heat and simmer for 1 hour.
Salt	1 tsp	Taste for seasoning and add salt if needed.
Bay leaf	1	
Carrots, diced	1 lb 6 oz	
Pearl barley	10 oz	

Approximate nutritive values per portion **Calories** 81

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**3%**	**Cholest.** 15 mg	**5%**	**Total Carb.** 7 g	**2%**	**Vitamin A**	**35%**	**Calcium**	**2%**
Sat. Fat 1 g	**3%**	**Sodium** 818 mg	**34%**	Fiber 2 g	**6%**	**Vitamin C**	**4%**	**Iron**	**6%**
Protein 9 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 2¾ oz (1⅓ cups) dehydrated onions may be substituted for fresh onions.

VEGETABLE BEEF SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Beef Stock (p. 599)	2 gal	Heat stock in kettle.
Carrots, cubed	8 oz	Add vegetables and seasonings.
Celery, chopped	1 lb	Cover and simmer about an hour. Replace water as necessary.
Onions, chopped	1 lb 8 oz	Taste for seasoning. Add additional salt if needed.
Potatoes, cubed	1 lb	
Salt	1 Tbsp	
Pepper, black	1 tsp	
Tomatoes, diced, canned	1 No. 10 can	
Cooked beef, chopped	2 lb	Add chopped beef. Heat to serving temperature, 180°F.

Approximate nutritive values per portion **Calories** 80

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**4%**	**Cholest.** 18 mg	**6%**	**Total Carb.** 6 g	**2%**	**Vitamin A**	**14%**	**Calcium**	**3%**
Sat. Fat 1 g	**4%**	**Sodium** 748 mg	**31%**	Fiber 0.4 g	**2%**	**Vitamin C**	**17%**	**Iron**	**7%**
Protein 9 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 8 oz uncooked rice or 4 oz dry noodles may be substituted for the potatoes.
- Browned beef cubes may be substituted for cooked beef. Brown in kettle before stock is added.
- 3 oz (1½ cups) dehydrated onions may be substituted for fresh onions.

Variations

- **Julienne Soup.** Cut carrots, celery, and potatoes in long, thin strips.
- **Mexican Beef Soup.** Omit carrots and celery. Add 12 oz whole-kernel corn; 4 oz green peppers, chopped; 1 lb 8 oz sliced zucchini; and 3 Tbsp ground cumin.
- **Vegetable Soup.** Delete beef. Increase carrots and celery to 1 lb 8 oz each.

HEARTY BEEF VEGETABLE SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Ground beef	8 lb (AP)	Brown meat. Drain off fat.
Onions, chopped	1 lb	Add onions to meat and cook until tender.
Margarine Flour, all-purpose	9 oz 9 oz	Melt margarine and stir in flour. Cook for 5 minutes.
Beef Stock (p. 599) Salt Pepper, black	1¼ gal 1 Tbsp ½ tsp	Add stock and seasonings, stirring constantly. Cook until mixture boils and has thickened. Add browned meat and onions.
Carrots, fresh, diced Celery, sliced	12 oz 10 oz	Cook vegetables until barely tender. Drain. (Vegetables should be crunchy.)
Mixed vegetables, frozen	4 lb	Cook mixed vegetables until partially done. Add, with other vegetables, to the soup. Stir carefully to blend.
Tomatoes, diced, canned	2 lb 8 oz	Add tomatoes. Heat to serving temperature, 180°F.

Approximate nutritive values per portion **Calories** 228

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	**21%**	**Cholest.** 48 mg	**16%**	**Total Carb.** 11 g	**4%**	**Vitamin A**	**34%**	**Calcium**	**3%**
Sat. Fat 4 g	**22%**	**Sodium** 281 mg	**12%**	Fiber 2 g	**7%**	**Vitamin C**	**9%**	**Iron**	**11%**
Protein 15 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 2 oz (1 cup) dehydrated onions may be substituted for fresh onions.

BEEF NOODLE SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Vegetable oil	½ cup	Heat oil in kettle. Add beef cubes and seasonings and cook until lightly browned.
Beef, fresh, cubed	2 lb	
Salt	2 tsp	Drain off fat.
Pepper, black	½ tsp	
Onions, chopped	8 oz	Add onions and celery, and sauté.
Celery, chopped	12 oz	
Beef Stock (p. 599)	2¾ gal	Add stock. Simmer for 1 hour.
Noodles	12 oz	Add noodles and simmer until tender, 5–10 minutes. Add salt if needed.

Approximate nutritive values per portion **Calories** 85

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	**6%**	**Cholest.** 17 mg	**6%**	**Total Carb.** 6 g	**2%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 1 g	**6%**	**Sodium** 786 mg	**33%**	Fiber 0 g	**0%**	**Vitamin C**	**1%**	**Iron**	**5%**
Protein 7 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1 oz (½ cup) dehydrated onions may be substituted for fresh onions.

Variations

- **Alphabet Soup.** Use alphabet noodles.
- **Beef Rice Soup.** Substitute 1 lb 8 oz rice for noodles.
- **Creole Soup.** Reduce Beef Stock to 2¼ gal. Add 1 No. 10 can tomatoes, 8 oz shredded green peppers, 1 lb sliced okra, and 4 bay leaves. Substitute rice for noodles.

CHICKEN NOODLE SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Chicken Stock (p. 598)	3 gal	Bring stock to a boil.
Onion, chopped	8 oz	Add onion and celery. Cook until tender.
Celery, chopped	8 oz	
Noodles	1 lb	Add noodles. Cook for about 15 minutes or until noodles are tender.
Margarine, melted	8 oz	Blend margarine and flour.
Flour, all-purpose	4 oz	Add to soup, stirring until slightly thickened.
Salt	1 tsp	Add seasonings.
Pepper, white	½ tsp	
Cooked chicken, diced	1 lb 8 oz	Add chicken and simmer for 5 minutes.

Approximate nutritive values per portion **Calories** 140

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**10%**	**Cholest.** 21 mg	**7%**	**Total Carb.** 10 g	**3%**	**Vitamin A**	**1%**	**Calcium**	**1%**
Sat. Fat 1 g	**7%**	**Sodium** 846 mg	**35%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**6%**
Protein 10 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1 oz (½ cup) dehydrated onions may be substituted for fresh onions.

Variation

- **Chicken Rice Soup.** Substitute 12 oz rice for the noodles.

TURKEY VEGETABLE SOUP

Yield: 50 portions *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Carrots, fresh	1 lb	Cut carrots into thin julienne strips.
Potatoes, red	2 lb	Do not peel potatoes. Dice into ½-inch cubes.
Onions, minced Celery, chopped Mushrooms, sliced Chicken Stock (p. 598)	12 oz 10 oz 8 oz 2½ gal	Combine in steam-jacketed kettle. Add carrots and potatoes. Simmer 20 minutes or until vegetables are tender.
Sage, rubbed Thyme, ground Pepper, black	⅛ tsp ¼ tsp ¼ tsp	Add seasonings to soup.
Cooked turkey, chopped Parsley, fresh, chopped	2 lb 2 oz	Add turkey and parsley. Heat to 180°F.

Approximate nutritive values per portion **Calories** 87

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**3%**	**Cholest.** 15 mg	**5%**	**Total Carb.** 6 g	**2%**	**Vitamin A**	**36%**	**Calcium**	**2%**
Sat. Fat 1 g	**3%**	**Sodium** 645 mg	**27%**	Fiber 0 g	**0%**	**Vitamin C**	**5%**	**Iron**	**5%**
Protein 10 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1½ oz (¾ cup) dehydrated onions may be substituted for fresh onions.

CHILI CON CARNE

Yield: 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Ground beef	10 lb (AP)	Cook beef, onions, and garlic in steam-jacketed kettle until meat loses pink color.
Onions, chopped	8 oz	
Garlic, minced	1 clove	
Tomatoes, canned, diced	2½ qt	Mix tomato and seasonings. Add to beef. Cook until blended.
Tomato puree	2 qt	
Water	1 qt	
Chili powder	3 oz	
Cumin seed, ground	1½ Tbsp	
Salt	1 oz (1½ Tbsp)	
Pepper, black	½ tsp	
Sugar, granulated	2 oz	
Beans, pinto, kidney, or red, canned	9 lb 8 oz	Add beans to meat mixture. Cover and simmer for 1 hour. Add water if chili becomes too thick.

Approximate nutritive values per portion **Calories** 293

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	**20%**	**Cholest.** 51 mg	**17%**	**Total Carb.** 23 g	**8%**	**Vitamin A**	**18%**	**Calcium**	**7%**
Sat. Fat 5 g	**24%**	**Sodium** 791 mg	**33%**	Fiber 2 g	**10%**	**Vitamin C**	**33%**	**Iron**	**20%**
Protein 22 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- If dried beans are used, substitute 3 lb for canned beans. Wash and prepare according to directions on p. 632.
- If desired, thicken chili by mixing 5 oz flour and 2 cups cold water. Add to chili mixture and heat until flour is cooked.
- 1 oz (½ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.

Variations

- **Chili and Cheese.** Sprinkle grated cheddar or Monterey Jack cheese over chili, 1 Tbsp per bowl.
- **Chili Buffet.** Serve chili with accompaniments: chopped onions, tomatoes, and green peppers; sliced black olives; shredded cheese; and sliced jalapeño peppers.
- **Chili Spaghetti.** Use only 7 lb ground beef. Cook 1 lb 8 oz spaghetti according to directions on p. 369. Add to chili mixture just before serving. Macaroni or other pasta shapes may be used also.
- **Turkey Chili.** Substitute 8 lb ground turkey for ground beef.

GARDEN CHILI

Yield: 50 portions *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Vegetable oil	¾ cup	Heat oil. Add onions and garlic and sauté until transparent.
Onions, chopped	3 lb 12 oz	
Garlic, minced	1½ Tbsp	
Celery, chopped	2 lb 4 oz	Add celery, carrots, and seasonings to onions.
Carrots, chopped finely	1 lb	Cook until tender-crisp.
Oregano, dried, crumbled	2 tsp	
Cumin, ground	2 Tbsp	
Chili powder	2 Tbsp	
Salt	1 oz (1½ Tbsp)	
Pepper, black	1 Tbsp	
Green peppers, chopped	1 lb	Add to onion mixture. Heat to 180° F.
Zucchini, chopped	2 lb	
Mushrooms and stems, canned	1 lb 8 oz	
Tomatoes, diced, canned	5 lb 6 oz	
Water	1 qt	
Red beans, canned	5 lb 6 oz	
Lemon juice, frozen, reconstituted	⅓ cup	
Cheddar cheese, shredded	1 lb 8 oz	To serve, ladle chili into soup bowls. Sprinkle ½ oz cheese over each portion.

Approximate nutritive values per portion **Calories** 169

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**13%**	**Cholest.** 14 mg	**5%**	**Total Carb.** 17 g	**6%**	**Vitamin A**	**35%**	**Calcium**	**15%**
Sat. Fat 4 g	**19%**	**Sodium** 600 mg	**25%**	Fiber 5 g	**18%**	**Vitamin C**	**38%**	**Iron**	**10%**
Protein 8 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

WHITE CHILI

Yield: 50 portions *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Great Northern beans	3 lb	Sort and wash beans. Cover with water to 2 inches above beans. Let soak overnight.
		Drain beans. Place in steam-jacketed kettle.
Water	2 gal	Add to beans. Bring to a boil. Cover.
Chicken soup base	6 oz	Reduce heat and simmer for 2 hours, stirring occasionally.
Onion, chopped	2 lb	
Garlic, minced	1 oz	
Salt	1½ tsp	
Chicken or turkey, white meat, diced	3 lb	Add to beans. Cover and simmer 30 minutes.
Green chilies, canned, diced	1 lb 8 oz	
Cumin, ground	2 Tbsp	
Oregano, dried, crumbled	1½ Tbsp	
Pepper, cayenne	1½ tsp	
Cloves, ground	½ tsp	
Cilantro, dried, crumbled	1 Tbsp	
Monterey Jack cheese, shredded (optional)	1 lb 12 oz	Sprinkle ½ oz cheese over each portion as it is served.

Approximate nutritive values per portion **Calories** 210

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**10%**	**Cholest.** 35 mg	**12%**	**Total Carb.** 20 g	**7%**	**Vitamin A**	**5%**	**Calcium**	**18%**
Sat. Fat 3 g	**17%**	**Sodium** 859 mg	**36%**	Fiber 0.4 g	**1%**	**Vitamin C**	**4%**	**Iron**	**12%**
Protein 18g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If a highly salted chicken base is used, check for seasoning before adding salt.

MINESTRONE SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Bacon, diced	1 lb	Fry bacon until crisp. Drain.
Onions, chopped	12 oz	Sauté onion and garlic in a little bacon fat until tender.
Garlic, minced	2 cloves	Place, with bacon, in a large kettle.
Beef Stock (p. 599)	2 gal	Add stock and seasonings. Heat to boiling.
Bay leaves	2	
Pepper, black	1 tsp	
Cabbage, chopped	12 oz	Add vegetables and spaghetti. Simmer 45 minutes.
Carrots, fresh, diced	12 oz	
Potatoes, raw, chopped	12 oz	
Celery, chopped	12 oz	
Spinach, fresh, chopped	3 oz	
Green beans, cut, canned	12 oz	
Tomatoes, canned, diced	2 lb	
Red beans, canned	1 lb 12 oz	
Spaghetti, long	2 oz	
Flour, all-purpose	3 oz	Make a smooth paste of the flour and water.
Water, cold	1 cup	Stir into soup. Cook 10 minutes longer.
Parsley, chopped	¼ cup	Add parsley just before serving.

Approximate nutritive values per portion **Calories** 69

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**3%**	**Cholest.** 2 mg	**1%**	**Total Carb.** 9 g	**3%**	**Vitamin A**	**21%**	**Calcium**	**3%**
Sat. Fat 1 g	**3%**	**Sodium** 634 mg	**26%**	Fiber 2 g	**7%**	**Vitamin C**	**17%**	**Iron**	**6%**
Protein 4 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1½ oz (¾ cup) dehydrated onions may be substituted for fresh onions.

LENTIL AND BLACK BEAN SOUP

Yield: 50 portions *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Onions, chopped	3 lb	In a steam-jacketed or other large kettle, sauté onions, garlic, and carrots in oil until just tender.
Garlic, minced	2 cloves	
Carrots, chopped	1 lb 12 oz	
Vegetable oil	1 cup	
Lentils, dry, rinsed	2 lb 8 oz	Add water and rinsed lentils to vegetables. Bring to a boil and simmer for 25 minutes.
Water	1½ gal	
Black beans, canned, drained	4 lb	Add beans, tomatoes, and spices. Cover and simmer until lentils are tender, but not mushy, approximately 20–30 minutes.
Tomatoes, canned, diced	3 qt	Serve hot, 180°F.
Thyme, dried	2 tsp	
Marjoram, dried	1½ tsp	
Parsley, fresh	1 oz	
Salt	1 oz	
Pepper	1 Tbsp	
Cumin	½ tsp	
Tortillas, 6-inch	50	Serve garnished with a warm, rolled tortilla on the side of the plate.

Approximate nutritive values per portion **Calories** 233

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**8%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 38 g	**13%**	**Vitamin A**	**54%**	**Calcium**	**11%**
Sat. Fat 1 g	**3%**	**Sodium** 547 mg	**23%**	Fiber 5 g	**21%**	**Vitamin C**	**14%**	**Iron**	**16%**
Protein 9 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If soup becomes too thick, add hot water to bring to desired consistency.
- Chicken broth may be substituted for water. Reduce salt if a salted chicken base is used.

Variation

- **Split Pea and Black Bean Soup.** Substitute dried split peas for lentils.

NAVY BEAN SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Navy beans, dry	4 lb	Wash beans. Add boiling water. Cover and let stand 1 hour or longer.
Water, boiling	3 gal	Simmer beans for about 1 hour.
Ham cubes	3 lb	Add ham and seasonings to beans.
Onion, chopped	12 oz	Cook until beans are tender, 1–1½ hours.
Celery, diced	8 oz	Add water to make volume of 3¼ gal.
Pepper, black	1 Tbsp	Check seasoning. Add salt if needed. Heat to 180°F.
Water	(see Procedure)	

Approximate nutritive values per portion **Calories** 93

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	4%	**Cholest.** 16 mg	5%	**Total Carb.** 8 g	3%	**Vitamin A**	0%	**Calcium**	2%
Sat. Fat 1 g	4%	**Sodium** 582 mg	24%	Fiber 0.2 g	1%	**Vitamin C**	12%	**Iron**	6%
Protein 9 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Great Northern beans may be substituted for navy beans.
- Ham base may be added for additional flavor.
- 1½ oz (¾ cup) dehydrated onions may be substituted for fresh onions.

SPLIT PEA SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Split peas	3 lb	Wash peas. Add water and bring to a boil.
Water	2 gal	Boil for 2 minutes, then turn off heat. Cover and let stand for 1 hour.
Ham cubes	2 lb	Add ham, onions, carrots, and potatoes.
Onions, chopped	1 lb	Cook for 1 hour or until peas are soft.
Carrots, fresh, chopped	1 lb 8 oz	
Potatoes, raw, chopped	2 lb	
Margarine	4 oz	Melt margarine and add flour. Stir until smooth. Cook 5 minutes.
Flour, all-purpose	2 oz	
Chicken Stock (p. 598)	2 qt	Add stock, while stirring, and cook until thickened. Add to peas.
Pepper, black	1 tsp	Taste for seasoning. Add pepper and salt if needed.

Approximate nutritive values per portion **Calories** 175

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	6%	**Cholest.** 11 mg	4%	**Total Carb.** 23 g	8%	**Vitamin A**	39%	**Calcium**	2%
Sat. Fat 1 g	5%	**Sodium** 432 mg	18%	Fiber 2 g	7%	**Vitamin C**	12%	**Iron**	9%
Protein 12 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If soup becomes too thick, add hot water to bring to desired consistency. If a smoother soup is desired, cook and puree peas before adding ham and vegetables.
- 1 lb chopped celery may be substituted for 1 lb potatoes.
- 3 lb sliced Polish sausage may be added to soup before serving. Reduce ham to 1 lb.
- 2 oz (1 cup) dehydrated onions may be substituted for fresh onion.

Variations

- **Lentil Soup.** Substitute lentils for split peas.
- **Yellow Split Pea Soup.** Substitute yellow split peas for green split peas.

TOMATO RICE SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Chicken or Beef Stock (pp. 398, 399)	2 gal	Heat stock and puree to boiling point.
Tomato puree	1 gal	
Onion, chopped	2 oz	Add vegetables and rice. Cook until rice is tender.
Green pepper, chopped	4 oz	
Rice, converted	8 oz	
Margarine	6 oz	Melt margarine and add flour. Mix until smooth.
Flour, all-purpose	3 oz	Add to soup while stirring. Add salt to taste.

Approximate nutritive values per portion **Calories** 92

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	5%	**Cholest.** 0 mg	0%	**Total Carb.** 13 g	4%	**Vitamin A**	12%	**Calcium**	2%
Sat. Fat 1 g	4%	**Sodium** 852 mg	36%	Fiber 2 g	8%	**Vitamin C**	50%	**Iron**	7%
Protein 4 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- ¼ oz (2 Tbsp) dehydrated onions may be substituted for fresh onions.

Variation

- **Tomato Barley Soup.** Add 1 lb barley in place of rice.

PEPPER POT SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Margarine	12 oz	Sauté vegetables in margarine until lightly browned, about 15 minutes.
Onion, finely chopped	8 oz	
Green peppers, finely chopped	8 oz	
Celery, thinly sliced	6 oz	
Potatoes, diced	3 lb 8 oz	
Flour, all-purpose	5 oz	Add flour to vegetables and stir until well blended.
Chicken or Beef Stock (pp. 598, 599)	2¼ gal	Combine stock and milk. Add to vegetable mixture, while stirring.
Milk, hot	1 qt	If soup base is used for the stock, taste before adding salt.
Salt	1 oz (1½ Tbsp)	
Pimiento, chopped	2 Tbsp	Add pimiento. Keep just below boiling point for 30 minutes, stirring frequently.

Approximate nutritive values per portion **Calories** 115

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**10%**	**Cholest.** 3 mg	**1%**	**Total Carb.** 11 g	**4%**	**Vitamin A**	**3%**	**Calcium**	**4%**
Sat. Fat 2 g	**8%**	**Sodium** 834 mg	**35%**	Fiber 1 g	**4%**	**Vitamin C**	**15%**	**Iron**	**3%**
Protein 4 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- This soup is good served with Spaetzles (p. 133). Prepare 1 recipe for 50 servings.
- 1 oz (½ cup) dehydrated onions may be substituted for fresh onions.

FRENCH ONION SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Onions, fresh	8 lb	Cut onions in thin slices.
Margarine or shortening	12 oz	Sauté in margarine in large kettle.
Flour, all-purpose	3 oz	Add flour and pepper. Cook for 10 minutes.
Pepper, black	1 tsp	
Beef Stock (p. 599)	3 gal	Add stock and Worcestershire sauce.
Worcestershire sauce	3 Tbsp	Cook until onions are tender and temperature is 190°F.
Salt	1 tsp (if needed)	
Croutons	12 oz	To serve, ladle soup over croutons or toasted bread.
Parmesan cheese, grated, or Swiss cheese, shredded	2 oz	Sprinkle with cheese.

Approximate nutritive values per portion **Calories** 128

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**10%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 12 g	**4%**	**Vitamin A**	**2%**	**Calcium**	**5%**
Sat. Fat 2 g	**8%**	**Sodium** 974 mg	**41%**	Fiber 2 g	**6%**	**Vitamin C**	**10%**	**Iron**	**5%**
Protein 5 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

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CREAM SOUP RECIPES

BASIC SAUCE FOR CREAM SOUP

Yield: 2½ gal basic sauce

Ingredient	*Amount*	*Procedure*
Margarine	8 oz	Melt margarine. Add onions and sauté until tender.
Onions, finely chopped	2 oz	
Flour, all-purpose	12 oz	Add flour, chicken base, and pepper to onions. Stir until blended.
Chicken base	3 oz	
Pepper, white	½ tsp	Cook for 5 minutes.
Water	2 qt	Add water and stir until mixture thickens. Add vegetables and seasonings as suggested in Variations to make a variety of cream soups.
Milk, hot	2 gal	Stir in milk. Heat to 180°F.

Notes

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- Chicken base may be omitted. Omit the water and use 2½ gal milk. Add 2 oz salt.
- ¼ oz (2 Tbsp) dehydrated onions, rehydrated in ¼ cup water, may be substituted for fresh onions.
- A reduced-fat milk may be substituted for whole milk. Reduced-fat milk is less stable (curdles more easily) than whole milk.

Variations

- To make 3 gallons of soup (50–60 1-cup, 8-oz portions), use 1 recipe Basic Sauce for Cream Soup plus additions suggested below.
- **Cream of Asparagus Soup.** Add 6 lb cooked, chopped (or pureed) asparagus.
- **Cream of Broccoli Soup.** Add 6 lb cooked, chopped broccoli.
- **Cream of Cauliflower Soup.** Increase onion to 1 lb 8 oz and water to 1 gal. Reduce milk to 1½ gal. Add 6 lb cauliflower, cut into small florets, and 1 Tbsp Worcestershire sauce. Stir in 1 lb 8 oz processed American cheese, shredded. Stir until melted. Sprinkle with chopped chives.
- **Cream of Celery Soup.** Increase onions to 8 oz. Add 2 lb 8 oz cooked chopped celery and 1 lb cooked diced carrots.
- **Cream of Mushroom Soup.** Increase onion to 8 oz. Add 3 lb mushrooms, sliced or chopped, sautéed with the onion in margarine.
- **Cream of Potato Soup.** Increase onions to 12 oz. Add 8 lb cooked diced potatoes and 1 lb cooked chopped celery. Increase chicken base to 5 oz. Potatoes may be mashed or pureed if desired.
- **Cream of Spinach Soup.** Increase onion to 8 oz. Add 3 lb chopped spinach, cooked.
- **Cream of Vegetable Soup.** Increase onion to 1 lb. Add 1 lb cooked chopped celery, 1 lb 8 oz cooked diced carrots, and 2 lb cooked diced potatoes.
- **Mushroom Barley Soup.** Reduce milk to 3 qt and increase water to 1¾ gal. Increase margarine to 1 lb, onions to 1 lb, and chicken base to 8 oz. Add 3 lb sliced mushrooms, ½ tsp garlic powder, and 1 lb barley after water has been added. Simmer about 30 minutes, then add milk slowly and heat to 180°F. Sprinkle with chopped parsley.

CREAM OF CHICKEN SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Margarine Celery, chopped	8 oz 1 lb	Melt margarine. Sauté celery until tender.
Flour, all-purpose Salt	8 oz 1 oz (1½ Tbsp)	Add flour and salt. Stir until blended. Cook for 5 minutes.
Chicken Stock (p. 598) Celery salt Pepper, white	2 gal 2 tsp ½ tsp	Add stock and seasonings. Cook over low heat until it has the consistency of thin white sauce. If chicken base is used for stock, taste before adding celery salt.
Milk Cooked chicken, chopped	1 gal 3 lb	Add milk while stirring. Add chicken. Heat to 180°F.

Approximate nutritive values per portion **Calories** 172

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**14%**	**Cholest.** 34 mg	**11%**	**Total Carb.** 8 g	**3%**	**Vitamin A**	**4%**	**Calcium**	**11%**
Sat. Fat 3 g	**16%**	**Sodium** 839 mg	**35%**	Fiber 0.3 g	**1%**	**Vitamin C**	**2%**	**Iron**	**5%**
Protein 14 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 1 lb cooked rice or noodles may be added. Reduce margarine and flour to 4 oz each.

Variation

- **Chicken Velvet Soup.** Substitute 2 qt light cream (half-and-half) for 2 qt milk. Increase flour to 12 oz.

CHEESE SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Margarine Onions, chopped	8 oz 8 oz	Sauté onion in margarine until lightly browned.
Flour, all-purpose Cornstarch	4 oz 2 oz	Add flour and cornstarch. Blend. Cook for 5 minutes.
Paprika Salt Pepper, white Milk Chicken Stock (p. 598)	1 tsp 2 Tbsp 1 tsp 1 gal 1½ gal	Add seasonings and blend. Add milk and stock slowly, while stirring. Cook until thickened.
Carrots, finely diced Celery, finely diced	1 lb 12 oz	Cook carrots and celery until tender but slightly crisp. Add to soup.
Cheddar cheese, sharp, shredded	1 lb	Add cheese and stir until melted.
Parsley, fresh, chopped	½ cup	Garnish with chopped parsley.

Approximate nutritive values per portion **Calories** 156

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**15%**	**Cholest.** 21 mg	**7%**	**Total Carb.** 9 g	**3%**	**Vitamin A**	**33%**	**Calcium**	**17%**
Sat. Fat 4 g	**22%**	**Sodium** 776 mg	**32%**	Fiber 0.5 g	**2%**	**Vitamin C**	**5%**	**Iron**	**3%**
Protein 8 g				Sugars 5 g					

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Notes

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- 1 oz (½ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.
- Vegetable base and water may be substituted for Chicken Stock.

BROCCOLI AND CHEESE SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Margarine	10 oz	Melt margarine in steam-jacketed or other large kettle.
Onions, finely chopped	10 oz	Add onions and sauté until tender.
Flour, all-purpose	12 oz	Add flour and seasonings. Stir until blended.
Salt	1 Tbsp	Cook for 5 minutes, stirring often.
Pepper, black	1 tsp	
Chicken base	3 oz	Stir in chicken base, then add water and milk, stirring constantly.
Water	3 qt	Reduce heat and cook until thickened, stirring often.
Milk	1½ gal	
Processed cheese, coarsely shredded	2 lb 8 oz	Add cheese and stir until melted.
Broccoli cuts, frozen	4 lb	Steam broccoli until just tender. Chop, if necessary. Add to cheese mixture and heat to 180°F.

Approximate nutritive values per portion **Calories** 239

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**24%**	**Cholest.** 38 mg	**13%**	**Total Carb.** 14 g	**5%**	**Vitamin A**	**21%**	**Calcium**	**30%**
Sat. Fat 8 g	**39%**	**Sodium** 890 mg	**37%**	Fiber 2 g	**7%**	**Vitamin C**	**26%**	**Iron**	**4%**
Protein 11 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 1¼ oz (⅔ cup) dehydrated onions, rehydrated in 1 cup water, may be substituted for fresh onions.
- Vegetable base may be substituted for chicken base.

Variation

- **Broccoli Swiss Soup.** In a steam-jacketed kettle, combine 1 lb chopped onions, 10 oz chopped celery, and 10 oz margarine. Sauté vegetables until tender. Stir in 10 oz flour, 1 tsp white pepper, and 2 tsp salt. Cook 5–10 minutes, stirring often. Using a wire whip, gradually stir in 1½ gal milk, 1¾ qt water, and 4 oz vegetable or chicken base. Reduce heat and cook until thichened, stirring constantly. Add 2 lb 12 oz shredded processed Swiss cheese. Stir until cheese melts. Add 5 lb 8 oz frozen broccoli cuts that have been steamed only until beginning to soften. Heat to 180°F. Makes 3 gal. Salt may need to be adjusted depending on the amount of salt in the vegetable or chicken base.

CHOWDER RECIPES

CORN CHOWDER

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Potatoes, diced	2 lb	Cook potatoes. Drain. Save for later step.
Margarine, melted Onions, finely chopped Celery, chopped	8 oz 4 oz 6 oz	Sauté onions and celery in margarine until tender.
Flour, all-purpose Pepper, white Chicken base	12 oz 1 tsp 3 oz	Add flour, pepper, and chicken base to onions. Stir until well blended. Cook for 5 minutes.
Water	1½ gal	Add water, stirring constantly. Cook until mixture thickens.
Corn, cream style Chives, frozen	1 No. 10 can 1 cup	Add corn, chives, and potatoes. Heat until hot.
Milk	2½ qt	Stir milk into soup. Heat to 180°F.

Approximate nutritive values per portion **Calories** 153

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**9%**	**Cholest.** 7 mg	**2%**	**Total Carb.** 23 g	**8%**	**Vitamin A**	**4%**	**Calcium**	**7%**
Sat. Fat 2 g	**9%**	**Sodium** 392 mg	**16%**	Fiber 1 g	**6%**	**Vitamin C**	**10%**	**Iron**	**3%**
Protein 4 g				Sugars 3 g					

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Notes

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- Vegetable base may be substituted for chicken base.
- ½ oz (¼ cup) dehydrated onions, rehydrated in ½ cup water, may be substituted for fresh onions.
- 1 lb bacon, diced and cooked until crisp, may be added before serving.

Variations

- **Potato Chowder.** Omit corn and increase potatoes to 8 lb.
- **Vegetable Chowder.** Substitute 3 lb whole kernel corn for cream style corn. Add 4 oz chopped green pepper and 1 lb cooked, diced carrots.

NEW ENGLAND CLAM CHOWDER

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Potatoes, cubed	6 lb	Cook potatoes until tender. Drain.
Water	1 qt	Reserve potatoes to add in last step.
Salt	1 Tbsp	
Bacon, finely diced	4 oz	Sauté bacon, onion, and celery in steam-jacketed or other large kettle for 5 minutes, or until lightly browned.
Onion, chopped	8 oz	
Celery, chopped	12 oz	
Margarine	8 oz	Add margarine to onion and stir until melted.
Flour, all-purpose	8 oz	Add flour, seasonings, and chicken base. Stir until blended.
Pepper, white	1 tsp	Cook for 5 minutes.
Chicken base (see Notes)	4 oz	
Milk	2 gal	Add milk gradually while stirring. Cook until thickened.
Minced clams, undrained	4 lb	Add clams and potatoes. Heat to 180°F.

Approximate nutritive values per portion **Calories** 235

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**15%**	**Cholest.** 34 mg	**11%**	**Total Carb.** 25 g	**8%**	**Vitamin A**	**10%**	**Calcium**	**21%**
Sat. Fat 4 g	**21%**	**Sodium** 709 mg	**30%**	Fiber 2 g	**6%**	**Vitamin C**	**15%**	**Iron**	**32%**
Protein 12 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 1 gal fresh clams may be used. Clean and steam until tender. Drain and chop. Save juice.
- Garnish with fresh or frozen chives, chopped.
- 1 oz (½ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.
- Clam base may be substituted for chicken base.

Variation

- **Fish Chowder.** Delete clams. Add 1 tsp thyme, 1 tsp crushed rosemary, 2 tsp Worcestershire sauce, ½ tsp hot pepper sauce, and 3 lb flaked white fish, or 1 lb shrimp and 2 lb minced clams.

POTATO AND ROASTED RED PEPPER SOUP

Yield: 50 portions *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Potatoes, medium diced	6 lb 4 oz	Using a steamer or other steam equipment, steam potatoes until tender. Hold for later step.
Margarine Onions, finely chopped Celery, chopped	8 oz 1 lb (EP) 1 lb (EP)	In a steam-jacketed kettle or large stockpot, sauté vegetables until tender.
Flour	10 oz	Add flour to vegetables. Stir with wire whip to combine. Cook for 5–10 minutes. Turn off heat.
Water Chicken base Pepper, white Salt	2 qt 4 oz 1 tsp 1½ oz	Add water, base, and seasonings to roux, stirring constantly. Cook until mixture thickens.
Roasted Red Peppers, cut into ¼ × ½-inch strips (p. 655)	1 lb	Add steamed potatoes (from earlier step) and Roasted Red Peppers to onion, celery, and water mixture. Heat to 185°F.
Milk	5 qt	Add milk slowly to potato mixture. Stir constantly to combine. Heat to 180°F.

Approximate nutritive values per portion **Calories** 170

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7.5 g	**11%**	**Cholest.** 13 mg	**4%**	**Total Carb.** 20 g	**7%**	**Vitamin A**	**12%**	**Calcium**	**13%**
Sat. Fat 2.8 g	**14%**	**Sodium** 739 mg	**31%**	Fiber 1.7 g	**7%**	**Vitamin C**	**49%**	**Iron**	**5%**
Protein 5.8 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- A frozen roasted pepper blend can be substituted for the Roasted Red Peppers. When using frozen roasted vegetables, place in a single layer on a baking sheet and heat in a 375°F oven until heated through (discard liquid that accumulates).
- Green, orange, or yellow bell peppers can be substituted for some or all of the red bell peppers.
- Vegetable base can be substituted for the chicken base. Adjust salt as required.

HEARTY POTATO HAM CHOWDER

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Margarine	3 oz	Melt margarine in steam-jacketed or other large kettle.
Onion, green, finely chopped	8 oz	Add onion and green pepper and sauté until tender.
Green pepper, chopped	12 oz	
Flour, all-purpose	3 oz	Add flour and seasonings. Stir until blended.
Pepper, white	½ tsp	Cook for 5 minutes, stirring often.
Paprika	1 tsp	
Chicken Stock (p. •••)	3 qt	Add stock and stir until smooth. Cook until mixture begins to thicken.
Ham, coarsely chopped	2 lb 8 oz	Add ham, potatoes, and corn. Heat to 180°F.
Potatoes, cooked, cubed	5 lb 8 oz	
Corn, whole kernel	3 lb 12 oz	
Milk	2¾ qt	Add milk and mix well. Heat to 180°F.
Parsley, fresh, chopped	½ cup	Sprinkle parsley over chowder before serving.

Approximate nutritive values per portion **Calories** 276

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 21 mg	**7%**	**Total Carb.** 41 g	**14%**	**Vitamin A**	**5%**	**Calcium**	**7%**
Sat. Fat 2 g	**12%**	**Sodium** 584 mg	**24%**	Fiber 5 g	**21%**	**Vitamin C**	**32%**	**Iron**	**9%**
Protein 13 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1 oz (½ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.

OYSTER STEW

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Milk	2½ gal	Scald milk by heating to point just below boiling.
Oysters Butter or margarine	2½ qt 8 oz	Heat undrained oysters and butter only until edges of oysters begin to curl.
Salt Pepper	2 oz (3 Tbsp) ½ tsp	About 10 minutes before serving, add hot oysters, with the oyster liquid, and seasonings to scalded milk. Serve immediately to avoid curdling.

Approximate nutritive values per portion **Calories** 203

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**18%**	**Cholest.** 76 mg	**25%**	**Total Carb.** 12 g	**4%**	**Vitamin A**	**18%**	**Calcium**	**26%**
Sat. Fat 7 g	**34%**	**Sodium** 599 mg	**25%**	Fiber 0 g	**0%**	**Vitamin C**	**9%**	**Iron**	**27%**
Protein 12 g				Sugars 10 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

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MANHATTAN FISH OR CLAM CHOWDER

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Bacon, diced	1 lb	Cook bacon until crisp. Drain off excess fat.
Onion, chopped	1 lb 6 oz	Add onion and sauté until tender. Place onion and bacon in large kettle.
Water	3 qt	Add water, vegetables, and spices. Bring to a boil.
Tomatoes, diced, canned	1 No. 10 can	Reduce heat. Simmer 40–45 minutes or until vegetables are tender.
Potatoes, chopped	3 lb	Remove bay leaves before serving.
Carrots, fresh, diced	1 lb 4 oz	
Celery, chopped	1 lb 4 oz	
Catsup	2 cups	
Worcestershire sauce	⅓ cup	
Salt	2 Tbsp	
Pepper, black	1 tsp	
Bay leaves	2	
Thyme, ground	1 tsp	
Fish, boneless, cooked and flaked, or minced clams	3 lb 8 oz	Add fish. Cover and simmer 5–10 minutes.
Parsley, fresh, chopped	¼ cup	Sprinkle parsley over soup before serving.

Approximate nutritive values per portion **Calories** 98

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**3%**	**Cholest.** 13 mg	**4%**	**Total Carb.** 15 g	**5%**	**Vitamin A**	**40%**	**Calcium**	**4%**
Sat. Fat 1 g	**3%**	**Sodium** 543 mg	**23%**	Fiber 2 g	**8%**	**Vitamin C**	**41%**	**Iron**	**29%**
Protein 6 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 2¾ oz (1½ cups) dehydrated onions, rehydrated in 2¼ cups water, may be substituted for fresh onions.

CHILLED SOUP RECIPES

GAZPACHO (SPANISH CHILLED SOUP)

Yield: 50 portions or 1¾ gal *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Mushrooms, fresh, chopped	4 oz	Sauté mushrooms in olive oil until light brown.
Olive oil	½ cup	
Garlic	3 cloves	Crush garlic in salt.
Salt	2 Tbsp	
Tomatoes, fresh, finely chopped	3 lb	Combine remaining ingredients in a stainless steel or glass container.
Green peppers, finely chopped	1 lb 4 oz	Add mushrooms and garlic.
		If too thick, add more tomato juice.
Celery, finely chopped	12 oz	Cover and chill quickly to below 41°F.
Cucumbers, finely chopped	1 lb	
Onion, finely chopped	1 lb 8 oz	
Chives, chopped	2 Tbsp	
Parsley, chopped	3 Tbsp	
Pepper, black	1 Tbsp	
Worcestershire sauce	1 Tbsp	
Tarragon vinegar	1½ cups	
Hot pepper sauce	1 tsp	
Tomato juice	2½ qt	

Approximate nutritive values per portion **Calories** 45

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**4%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 6 g	**2%**	**Vitamin A**	**5%**	**Calcium**	**2%**
Sat. Fat 1 g	**3%**	**Sodium** 487 mg	**20%**	Fiber 1 g	**5%**	**Vitamin C**	**43%**	**Iron**	**4%**
Protein 1 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. Store for service at an internal temperature below 41°F.

VICHYSSOISE (CHILLED POTATO SOUP)

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Chicken Stock (p. 598) Onions, chopped	1 gal 3 lb	Combine stock and onions. Cook until onions are tender. Strain.
Potatoes, diced	6 lb	Steam potatoes until tender. Mash.
Salt Celery salt Garlic salt Pepper, white	1 Tbsp 2 tsp 1 tsp ½ tsp	Add seasonings and chicken stock to potatoes. If soup base is used in stock, salt may need to be reduced.
Light cream (half-and-half)	1¼ gal	Add cream and mix well. Chill quickly to below 41°F.
Parsley, chives, or green onion tops, chopped	⅓ cup	Garnish chilled soup with chopped parsley, chives, or green onion tops.

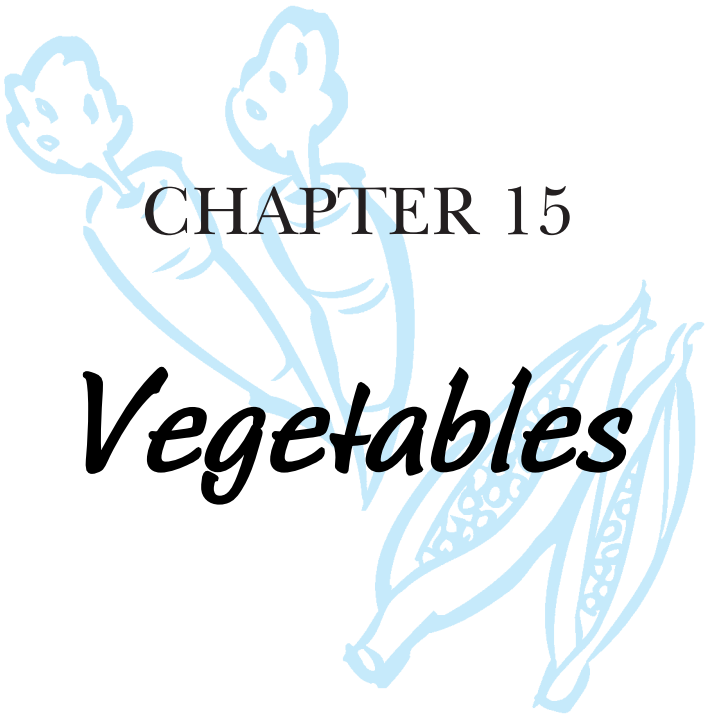
Approximate nutritive values per portion **Calories** 200

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**18%**	**Cholest.** 36 mg	**12%**	**Total Carb.** 19 g	**6%**	**Vitamin A**	**12%**	**Calcium**	**11%**
Sat. Fat 7 g	**35%**	**Sodium** 546 mg	**23%**	Fiber 2 g	**7%**	**Vitamin C**	**16%**	**Iron**	**2%**
Protein 6 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. Store for service at an internal temperature below 41°F.



CHAPTER 15

Vegetables

With the increased interest in nutrition, the place of the vegetable in today's foodservice menu has assumed new importance. A wide array of fresh vegetables is available year-round, as is a variety of frozen and canned vegetables. Proper preparation and cooking are essential to preserving the nutritive value, color, and palatability of fresh vegetables, and the addition of herbs and spices enhances the vegetables without the addition of salt and fat.

Frozen and canned vegetables require less labor to prepare than fresh vegetables and have more predictable yields, but fresh vegetables, especially those that are not too time-consuming to prepare, should be considered when they are in season.

The quantity of vegetables to buy depends on the portion size and the method of preparation. One No. 10 can or 5 pounds of most frozen vegetables will yield 25 3-oz portions. For fresh vegetables, the loss in preparation must be considered in determining the amount to purchase. Table 1.1 suggests amounts to buy and Table 1.2 gives the approximate yield in the preparation of fresh vegetables.

FRESH AND FROZEN VEGETABLES

Fresh or frozen vegetables may be cooked by boiling, steaming, baking, or frying. The method used depends largely on the type of product, the amount to be cooked, and the equipment available. Fresh vegetables should be washed, trimmed, peeled if necessary, and cut into even-size pieces for cooking. Detailed instructions are given for individual recipes in this section. (Salad vegetables and their preparation are discussed in Chapter 11.) Preparing fresh vegetables too far in advance causes them to discolor. Covering prepared vegetables with cold water helps retain color but reduces their nutritive value if they are held too long.

A small steam-jacketed kettle is satisfactory for cooking both fresh and frozen vegetables. It should be large enough to prevent crowding and to allow the water to return to the boiling point quickly after vegetables are added. A tilting frypan also may be used successfully.

Vegetables may be cooked in a steamer if cooked in small quantities and arranged in thin layers in shallow pans. The time and temperature must be controlled carefully. Cooking in a high-pressure or zero-pressure steamer is especially successful. One advantage of steam cooking is that vegetables may be weighed and placed in serving pans, then cooked and served from the same pans.

When steam equipment is not available, top-of-range cooking may be used. Vegetables should be cooked in as small an amount of water as is practicable and as quickly as possible.

Whatever the method used, vegetables should be cooked only until tender. *Do not overcook.* Vegetables should be cooked in as small a quantity at one time as is feasible for the type of service. The needs of most foodservices can be met by the continuous cooking of vegetables in small quantities (batch cooking). Vegetables should be served as soon as possible after cooking for optimum quality and should be handled carefully to prevent breaking or mashing. Vegetables that have been cooked and held for any period of time should not be combined with freshly prepared batches. Appearance is most important to customer acceptance of vegetables, as is the seasoning. Individual recipes recommend the amount of salt for 50 portions and suggest seasonings appropriate to that vegetable.

Directions for Boiling

1. Prepare vegetables. See p. 467 for directions for preparing fresh vegetables. Frozen vegetables should not be thawed before cooking except for solid pack frozen vegetables, which should be thawed only long enough to break apart easily.
2. Add prepared vegetables to boiling salted water in steam-jacketed kettle or stockpot. Cook in lots no larger than 10 lb. Use 1 oz (1½ Tbsp) salt to the amount of water specified in Table 15.1, except for corn. Add salt and/or sugar after cooking to prevent toughening and discoloring of corn kernels.

   The amount of water used in cooking all vegetables is important for retention of nutrients. The less water used, the more nutrients retained. Addition of baking soda to the water also causes loss of vitamins. Mature root vegetables that need longer cooking require more water than young, tender vegetables. Spinach and other greens need only the water clinging to their leaves from washing.
3. Cover and bring water quickly back to the boiling point. Green vegetables retain their color better if the lid is removed just before boiling begins; strong-flavored vegetables, such as cabbage, cauliflower, and brussels sprouts, should be cooked uncovered to prevent development of unpleasant flavors.
4. Start timing when water returns to the boiling point. Use Table 15.1 as a guide. Stir greens occasionally while boiling.
5. Drain cooked vegetables and place in serving pans. Add 4–8 oz melted margarine or butter to each 50 portions.
6. Adjust seasonings.

Directions for Steaming

1. Place prepared vegetables not more than 3–4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained, use solid pans. When cooking winter squash or sweet potatoes, cover with a lid or aluminum foil to prevent water from accumulating in the pan.
2. Steam, using Table 15.1 as a guide. Begin timing when steamer reaches proper cooking pressure.
3. Add 2–4 oz melted margarine or butter and 2 tsp salt to each 5 lb drained vegetables.

Directions for Stir-Frying

1. Select vegetables for color, texture, shape, and flavor.
2. Cut or dice diagonally into small uniform pieces (see Figure 15.1).
3. Heat a small amount of oil or seasoned oil in a pan, steam-jacketed kettle, or tilting frypan. Prepare seasoned oil for stir-frying by adding ½ oz sliced ginger root and ½ oz fresh peeled garlic to 2 cups salad oil. Refrigerate 8 hours. For Safety reasons, use within 24 hours. Strain before using (see p. 382 for Basil Oil recipe).
4. Stir in vegetables, starting with those that take longer to cook (carrots, onions, turnips). Continue to stir for 1 minute until vegetables are coated with oil.
5. Add liquid (water or broth) and seasonings to vegetables. Cover and steam for 3 minutes or until vegetables are tender-crisp.
6. Add cornstarch mixed with a small amount of cold water. (See recipe on p. 678.) Cook and stir just until the sauce thickens and vegetables are glazed.

CANNED VEGETABLES

Heating of canned vegetables should be scheduled so they will be served soon after heating. Prepare 1 or 2 No. 10 cans at a time, with approximately 25 portions in each can.

Directions for Heating

Stockpot or Steam-Jacketed Kettle

1. Drain off half the liquid; use for soups, gravies, and sauces.
2. Heat vegetables and remaining liquid in a stockpot or steam-jacketed kettle. Heat only long enough to bring to 160°F.
3. Drain vegetables and place in counter pans. Add 4–8 oz melted margarine or butter.

Steamer or Oven

1. Drain off half the liquid; use for soups, gravies, and sauces.
2. Transfer vegetables and remaining liquid to steamer pans and cover. A 12 × 20 × 2-inch pan will hold contents of 2 No. 10 cans, or 50 portions of most vegetables.
3. Heat in steamer at 5–6 lb pressure for 1 minute, or in a 350°F oven until 160°F is reached.
4. Drain vegetables and add 4–8 oz melted margarine or butter for each lot of vegetables.

TABLE 15.1 Timetable for boiling or steaming fresh and frozen vegetables

	Boiling—approximate cooking time[a,b] (minutes)	*Steaming—Approximate cooking time[c,d] for 1–3 pans (minutes)*		
		5–6 psi[e]	12–15 psi[e]	Zero pressure
Asparagus, fresh, frozen	10–12	10–12	4–8	6–13
Beans, black-eyed beans or peas, frozen	30–45	20–25	10–20	25–35
Beans, green or wax, fresh	15–25	15–20	4–10	10–15
Beans, green or wax, frozen	10–12	10–12	7–11	6–13
Beans, lima, frozen	10–15	10–12	6–10	6–13
Beets, whole, fresh	40–50	40–50	25–35	40–50
Broccoli, cuts or spears, fresh, frozen	10–12	10–15	4–8	5–10
Brussels sprouts, fresh, frozen	10–15	10–12	6–10	9–14
Cabbage, cored, cut	10–12	14–16	7–14	14–18
Carrots, fresh	10–20	18–20	6–15	18–20
Carrots. frozen	10–20	9–10	5–9	7–12
Cauliflower, fresh, frozen	10–12	10–15	5–10	7–15
Celery, fresh	10–12	10–15	5–10	10–15
Corn, whole kernel, frozen	6–8	9–10	5–9	5–10
Corn on the cob, fresh, frozen	15–20	10–12	5–10	8–12
Eggplant, fresh	15–20	10–15	4–8	5–15
Greens, collard, fresh	25–35	10–15	8–10	12–15
Kale, fresh	15–20	10–15	8–10	12–15
Okra, fresh, frozen	8–15	10–12	6–10	10–12
Onions, fresh	20–30	15–20	5–10	10–15
Parsnips, fresh	20–40	15–20	6–15	18–20
Peas, green, fresh, frozen	8–12	8–10	3–4	5–6
Potatoes, fresh, whole, small	25–40	20–25	13–25	35–40
Rutabagas, fresh	20–35	25–30	10–20	25–30
Spinach, fresh	3–5	3–5	1–3	3–5
Spinach, frozen, thawed	3–5	8–10	4–8	8–10
Squash, summer, fresh, frozen	5–10	8–12	5–8	7–10
Squash, winter, fresh, diced	30–40	15–20	7–9	15–20
Sweet potatoes, fresh	30–40	20–30	13–25	30–40
Turnips, fresh	20–40	25–30	10–20	25–30
Vegetables, mixed, frozen	10–15	10	5–9	5–10

[a] Cook vegetables at a slow boil.

[b] Figures calculated for boiling 10—12 lb of vegetables in 1–3 qt. water. Greens require the addition of no extra water; the water clinging to their leaves is sufficient.

[c] Figures calculated for steaming 5–6 lb vegetables per batch. A steamer filled to less than capacity will need the cooking time reduced slightly. An overloaded steamer may require a longer cooking time.

[d] When posssible, use 2 ½-inch-deep perforated steamer pans. For best results, break up frozen vegetables to speed cooking.

[e] Pounds per square inch.

Note

- Canned vegetables require the following cooking times: 5 psi, 3–5 minutes; 15 psi, 3–4 minutes; 0 psi, 5–10 minutes.

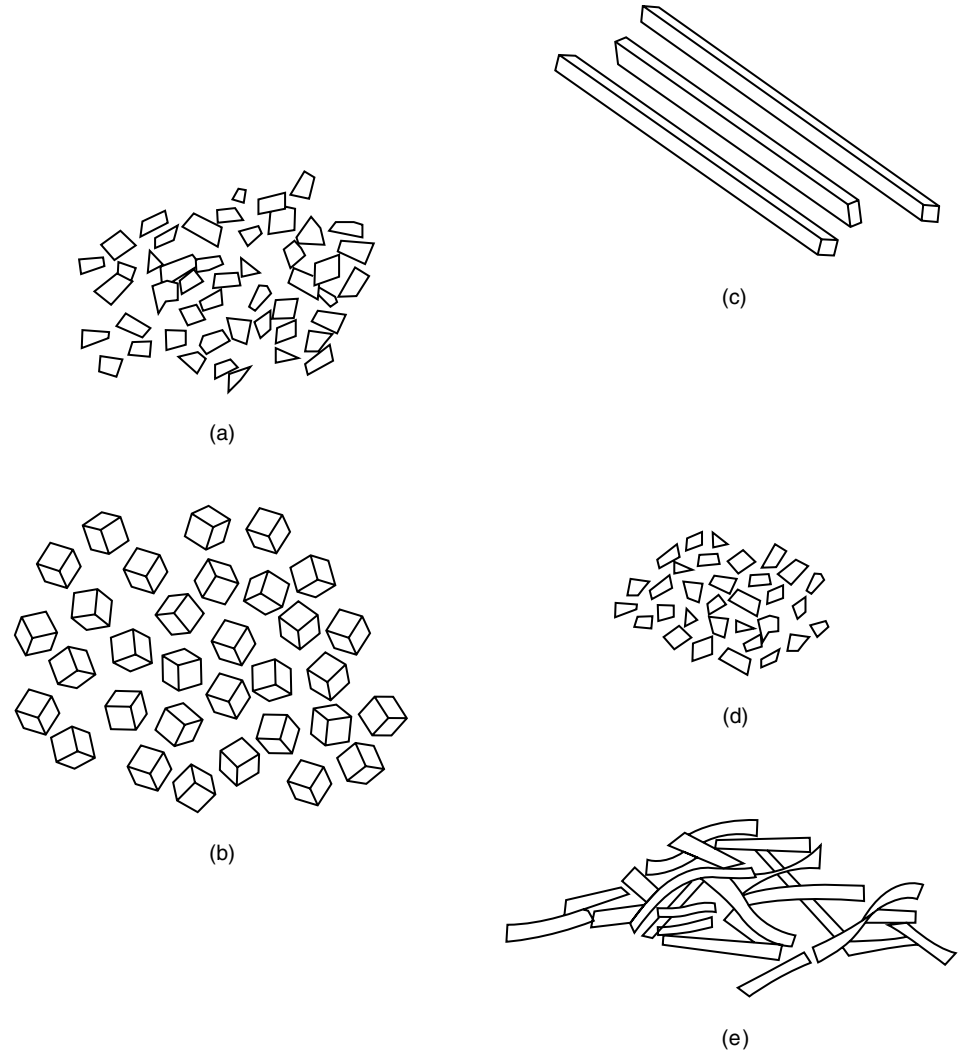


FIGURE 15.1 Terminology for cutting vegetables and other foods:
(a) chop: to cut into irregular-shape pieces, either by a mechanical chopper or by hand using a chef's knife;
(b) dice or cube: *brunoise,* $\frac{1}{8} \times \frac{1}{8} \times \frac{1}{8}$ inch; *small dice,* $\frac{1}{4} \times \frac{1}{4} \times \frac{1}{4}$ inch; *medium dice,* $\frac{1}{3} \times \frac{1}{3} \times \frac{1}{3}$ inch; *large dice,* $\frac{3}{4} \times \frac{3}{4} \times \frac{3}{4}$ inch;
(c) julienne: *fine,* $\frac{1}{16} \times \frac{1}{16} \times 1$ or 2 inches; *julienne,* $\frac{1}{8} \times \frac{1}{8} \times 2$ inches; *battonet,* $\frac{1}{4} \times \frac{1}{4} \times 2$ or $2\frac{1}{2}$ inches;
(d) mince; to chop into very fine pieces;
(e) shred: to cut into strips, either by a mechanical or hand grater or with a chef's knife.

DRIED VEGETABLES

Among the many kinds of dried legumes available today are dried peas (whole green or split green, yellow split, and black-eyed); beans (navy, black, fava, red kidney, brown, pinto, butter beans, and garbanzo, also known as chick peas); lentils (brown and red). High in protein and fiber, legumes are an important factor in meatless dishes and health-conscious menus.

Directions for Cooking

1. Sort, discarding any stones or other foreign material and shriveled vegetables. Rinse with cold water.
2. Heat water to boiling in steam-jacketed or other kettle.
3. Add vegetable and boil for 3 minutes.
4. Turn off steam and allow to stand for 1 hour.
5. Add salt and cook slowly until vegetables are tender (1–$1\frac{1}{2}$ hours). Add more water if needed.
6. Vegetable may be covered with cold water and soaked overnight, drained, then cooked.

VEGETABLE RECIPES

SEASONED FRESH ASPARAGUS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Asparagus, fresh	18–20 lb (AP) (10 lb EP)	Break or cut off tough stems. Wash and thoroughly clean remaining portions. Arrange spears in steamer pans with tips in one direction. Sprinkle with salt. Steam (p. 631). Asparagus may be cut into 1-inch pieces and steamed or placed in a kettle and boiled (p. 631).
Margarine, melted	4 oz	Pour margarine over cooked asparagus.
Salt	1 oz (1½ Tbsp)	If boiling asparagus, add salt to cooking water.

Approximate nutritive values per portion **Calories** 59

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	4%	**Cholest.** 0 mg	0%	**Total Carb.** 8 g	3%	**Vitamin A**	14%	**Calcium**	4%
Sat. Fat 1 g	2%	**Sodium** 220 mg	9%	Fiber 3 g	13%	**Vitamin C**	77%	**Iron**	6%
Protein 4 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For frozen asparagus, use 10 lb. See p. 631 for cooking instructions.
- Seasonings for asparagus: sesame seeds, lemon juice, browned butter, crumb butter, basil, chives, tarragon.

Variations

- **Asparagus with Cheese Sauce.** Serve 5–6 stalks of cooked asparagus with 2 Tbsp Cheese Sauce (p. 561). Make 2 qt sauce.
- **Asparagus Vinaigrette.** Blanch asparagus (see p. 567). Marinate in 1½ qt Vinaigrette Dressing (p. 524) or Vegetable Marinade (pp. 594–596).
- **Creamed Asparagus.** Add 1 gal Medium White Sauce (p. 561) to 10 lb asparagus cut in 2-inch lengths and cooked.
- **Fresh Asparagus with Hollandaise Sauce.** Serve 1 Tbsp Hollandaise Sauce (p. 580) over cooked asparagus spears.

SEASONED FRESH GREEN OR WAX BEANS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Green or wax beans, fresh	11–12 lb (AP) (10 lb EP)	Wash beans. Trim ends. Cut or break into 1-inch pieces. Steam or boil (p. 631).
Margarine, melted	4 oz	Pour margarine over cooked beans and sprinkle with salt.
Salt	1 oz (1½ Tbsp)	If boiling the beans, add salt to cooking water.

Approximate nutritive values per portion **Calories** 51

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**3%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 8 g	**3%**	**Vitamin A**	**7%**	**Calcium**	**4%**
Sat. Fat 1 g	**2%**	**Sodium** 216 mg	**9%**	Fiber 2 g	**7%**	**Vitamin C**	**16%**	**Iron**	**7%**
Protein 2 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For frozen beans, use 10 lb. See p. 631 for cooking.
- For canned beans, use 2 No. 10 cans. See p. 630 for heating.
- Seasonings for green beans: basil, dill, marjoram, oregano, rosemary, savory, tarragon, thyme, onion, chives, mushrooms, bacon.

Variations

- **French Green Beans.** Cook 10 lb frozen French cut green beans. Drain and season with 1 cup mayonnaise, ¾ cup sour cream, 2 Tbsp vinegar, 2 oz chopped onion sautéed in 2 oz margarine, and salt and pepper to taste.
- **Green Beans Amandine.** Add 8 oz slivered almonds lightly browned in 8 oz margarine.
- **Green Beans and Mushrooms.** Add 2 lb sliced mushrooms that have been sautéed in 8 oz margarine.
- **Green Beans Provincial.** Season green beans with 8 oz Onion Butter (p. 590), 2 cloves garlic, minced, 3 Tbsp chopped parsley, and 2 tsp dried crumbled thyme.
- **Herbed Green Beans.** Season 10 lb frozen green beans, cooked, or 2 No. 10 cans green beans with 1 lb chopped onions, 8 oz chopped celery, and 1 tsp minced garlic sautéed in 8 oz margarine, 2 tsp dried crumbled basil, and 2 tsp dried rosemary.
- **Southern-Style Green Beans.** Cut 1 lb 8 oz bacon into small pieces. Add 6 oz chopped onion and sauté until onion is lightly browned. Add to hot, drained green beans. Good served with ham and Corn Bread (p. 122).

GREEN BEAN CASSEROLE

Yield: 50 portions or 1 pan 12 × 20 × 2 inches *Portion:* 4 oz
Oven: 350°F *Bake:* 30–40 minutes

Ingredient	*Amount*	*Procedure*
Green beans, frozen, French cut or cut	7 lb 8 oz	Cook green beans (p. 631). Drain.
Mushrooms, fresh	10 oz	Clean mushrooms and slice.
Margarine, melted	3 oz	Sauté in margarine.
Cream of mushroom soup, undiluted	1 qt	Blend soup, milk, and seasonings.
Milk	1 cup	
Pepper, black	½ tsp	
Onion powder	1 tsp	
Soy sauce	1 Tbsp	
Water chestnuts, sliced, drained	1 lb	Combine soup mixture, mushrooms, and water chestnuts. Add to green beans. Mix lightly. Pour into one 12 × 20 × 2-inch pan.
Swiss cheese, shredded	8 oz	Sprinkle cheese over beans. Bake at 350°F for 25 minutes.
Bread crumbs	4 oz	Combine crumbs and margarine and sprinkle over bean mixture. Bake 5–10 minutes.
Margarine, melted	4 oz	

Approximate nutritive values per portion **Calories** 107

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**10%**	**Cholest.** 5 mg	**2%**	**Total Carb.** 10 g	**3%**	**Vitamin A**	**6%**	**Calcium**	**9%**
Sat. Fat 2 g	**10%**	**Sodium** 262 mg	**11%**	Fiber 1 g	**5%**	**Vitamin C**	**10%**	**Iron**	**4%**
Protein 3 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Two No. 10 cans cut green beans may be substituted for frozen beans. Drain before using.
- 8 oz crumbled French fried onion rings (canned) may be sprinkled over the top during the last 10 minutes of baking.

SPANISH GREEN BEANS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Bacon, diced Onion, chopped Green pepper, chopped	8 oz 6 oz 4 oz	Sauté bacon, onion, and green pepper until lightly browned.
Flour, all-purpose	4 oz	Add flour and stir until smooth.
Tomatoes, canned Salt	2 qt 1 Tbsp	Chop tomatoes and heat. Add salt. Add gradually to bacon-vegetable mixture. Stir and cook until thickened.
Green beans, drained	2 No. 10 cans	Gently stir tomato sauce into the green beans. Simmer 15–20 minutes or until beans are heated to 160°F.

Approximate nutritive values per portion **Calories** 48

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	**1%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 9 g	**3%**	**Vitamin A**	**2%**	**Calcium**	**3%**
Sat. Fat 0 g	**0%**	**Sodium** 213 mg	**9%**	Fiber 3 g	**11%**	**Vitamin C**	**23%**	**Iron**	**7%**
Protein 2 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- 8 lb fresh or frozen green beans may be substituted for canned beans. Cook before combining with tomato sauce.

Variations

- **Creole Green Beans.** Omit bacon. Sauté onion, green pepper, and 8 oz chopped celery in 2 oz margarine. Add 2 oz sugar to tomatoes.
- **Green Beans with Dill.** Delete bacon and onion. Sauté the green pepper in 5 oz margarine. Add 1 tsp pepper and 1 Tbsp dill seeds. Simmer slowly for 10–15 minutes. Tomato may be increased to one No. 10 can.
- **Hacienda Green Beans.** Add 1 oz sugar, 1½ Tbsp chili powder, and ½ tsp garlic powder.

SEASONED LIMA BEANS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Lima beans, baby or fordhook, frozen	10 lb	Steam or boil beans (p. 631).
Margarine, melted	4 oz	Pour margarine over beans and sprinkle with salt. If boiling the beans, add salt to cooking water.
Salt	1 oz (1½ Tbsp)	

Approximate nutritive values per portion **Calories** 130

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 0 mg	0%	**Total Carb.** 21 g	7%	**Vitamin A**	0%	**Calcium**	2%
Sat. Fat 1 g	2%	**Sodium** 216 mg	9%	Fiber 6 g	25%	**Vitamin C**	0%	**Iron**	12%
Protein 7 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Seasonings for lima beans: basil, chives, dill, marjoram, oregano, sage, savory, tarragon, thyme, pimiento, mushrooms, onion butter, sour cream.

Variations

- **Baked Lima Beans and Peas.** Thaw 5 lb frozen baby lima beans and 5 lb frozen peas. Combine with 2 Tbsp dried basil, 1 oz (1½ Tbsp) salt, ½ tsp cracked black pepper, and 16 green onions, sliced. Place in baking pan. Sprinkle with 1 cup water and dot with 4–6 oz margarine. Cover and bake at 325°F for 45 minutes. Stir occasionally.
- **Succotash.** Use 5 lb lima beans and 5 lb frozen or canned whole kernel corn. Season with 4 oz margarine.

BAKED LIMA BEANS

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 5 oz
Oven: 350°F *Bake:* 1 hour

Ingredient	*Amount*	*Procedure*
Lima beans, dry, large	6 lb (AP)	Wash beans (p. 632). Add boiling water. Cover. Let stand 1 hour or longer.
Water, boiling	1 gal	Cook beans in the same water until tender, about 1 hour.
Pimiento, chopped	4 oz	Add seasonings to beans.
Salt	1 oz (1½ Tbsp)	Scale into two 12 × 20 × 2-inch pans, 8 lb 6 oz per pan.
Molasses	1 cup	
Bacon, sliced	1 lb 8 oz	Place bacon on top of beans.
		Bake at 350°F until top is brown, about 1 hour.

Approximate nutritive values per portion **Calories** 80

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 3 mg	1%	**Total Carb.** 12 g	4%	**Vitamin A**	0%	**Calcium**	5%
Sat. Fat 1 g	3%	**Sodium** 444 mg	18%	Fiber 0 g	0%	**Vitamin C**	5%	**Iron**	11%
Protein 4 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Baked Lima Beans and Sausage.** Omit bacon. Place 6 lb link sausages on top of beans.
- **Boiled Lima Beans and Ham.** Omit bacon and seasonings. Add 5 lb diced ham to beans and simmer until tender.

RANCH-STYLE BEANS

Yield: 50 portions or 1 pan 12 × 20 × 4 inches *Portion:* 5 oz
Oven: 300°F *Bake:* 3–4 hours

Ingredient	*Amount*	*Procedure*
Beans, red or pinto, dried	5 lb	Wash beans (p. 632). Add boiling water. Cover and let stand for 1 hour or longer.
Water, boiling	1½ gal	
Bacon, 1-inch cubes	2 lb 8 oz	Add bacon to beans.
Water, cold	to cover	Add water to cover. Cook slowly until tender, about 1 hour.
Chili peppers	3–4 pods	Soak chili peppers in warm water. Remove and discard seeds. Add pods to beans.
Tomatoes, canned	2 qt	Add tomatoes and other seasonings.
Onions, sliced	8 oz	Cook slowly in kettle an additional 2 hours, or pour into a 12 × 20 × 4-inch baking pan and bake at 300°F for 2–3 hours.
Garlic, chopped	2 cloves	
Salt	1 oz (1½ Tbsp)	
Pepper, black	1 Tbsp	
Pepper, cayenne	Few grains	

Approximate nutritive values per portion **Calories** 200

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	**6%**	**Cholest.** 5 mg	**2%**	**Total Carb.** 31 g	**10%**	**Vitamin A**	**2%**	**Calcium**	**7%**
Sat. Fat 1 g	**6%**	**Sodium** 364 mg	**15%**	Fiber 0.4 g	**2%**	**Vitamin C**	**19%**	**Iron**	**16%**
Protein 12 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- If chili peppers are not available, 1 oz chili powder may be substituted.
- Two No. 10 cans red beans may be substituted for dry beans. Reduce baking time to 1–2 hours.

BAKED BEANS

Yield: 50 portions or 1 pan 12 × 20 × 4 inches *Portion:* 5 oz
Oven: 350°F *Bake:* 3–4 hours

Ingredient	*Amount*	*Procedure*
Beans, navy or Great Northern, dried	5 lb (AP)	Wash beans (p. 632). Add boiling water and let stand 1 hour. Cook in same water until tender, about 1 hour. Add more water as necessary.
Water, boiling	1½ gal	
Salt	4 oz	Add remaining ingredients to beans.
Sugar, brown	6 oz	Pour into one 12 × 20 × 4-inch baking pan.
Dry mustard	1 tsp	Cover and bake at 350°F for 3–4 hours. Add more if needed during baking.
Vinegar, cider	2 Tbsp	Uncover during last half hour of baking.
Molasses	1 cup	
Catsup	2½ cups	
Bacon, cubed	1 lb	
Onion, chopped	3 oz	

Approximate nutritive values per portion **Calories** 108

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	**2%**	**Cholest.** 2 mg	**1%**	**Total Carb.** 20 g	**7%**	**Vitamin A**	**1%**	**Calcium**	**8%**
Sat. Fat 1 g	**2%**	**Sodium** 1059 mg	**44%**	Fiber 2 g	**10%**	**Vitamin C**	**4%**	**Iron**	**13%**
Protein 4 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Baked Pork and Beans.** Use 2 No. 10 cans pork and beans. Fry 1 lb diced bacon until partially cooked. Add 4 oz chopped onion and cook until onions are tender. Pour off fat. Add bacon and onions to pork and beans. Stir in 1 cup catsup, ¼ cup vinegar, 4 oz brown sugar, and 1 Tbsp prepared mustard. Bake at 350°F for 1–2 hours.
- **Boston Baked Beans.** Omit catsup.
- **Trio Baked Beans.** Fry 2 lb diced bacon until partially cooked. Drain. Steam 1 lb 12 oz frozen lima beans. Add to bacon. Add 8 oz chopped onion, 2 lb 8 oz canned red beans, 2 lb 12 oz pork and beans, ½ cup molasses, 6 oz brown sugar, 3 cups catsup, ¼ cup vinegar, 1 Tbsp liquid smoke. Mix to blend. Scale into two 12 × 10 × 2-inch counter pans. Bake at 225°F for 3½ hours.

REFRIED BEANS

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Beans, pinto, dried	5 lb	Wash beans. Add boiling water. Cover and let stand 1 hour or longer.
Water, boiling	1 gal	Cook beans in the same water until tender, about 1 hour. Add more water if necessary.
		When beans are done, drain, reserving liquid for later step.
		Place cooked beans in mixer bowl and mash thoroughly.
Vegetable oil	1½ cups	Heat oil in frying pan.
Onions, chopped	6 oz	Add chopped onion. Cook until tender.
Chili powder	2 Tbsp	Add seasonings to onion and mix thoroughly.
Garlic powder	1 tsp	Add beef stock and mix well.
Salt	2 tsp	Add mashed beans, mixing until well blended. Turn mixture constantly to keep from burning.
Hot pepper sauce	Few drops	Bean liquid in small amounts may be added if mixture becomes too thick.
Beef Stock (p. 599)	1 qt	Cook bean mixture for 45–60 minutes or until dry.

Approximate nutritive values per portion **Calories** 132

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 14 g	**4%**	**Vitamin A**	**1%**	**Calcium**	**3%**
Sat. Fat 2 g	**9%**	**Sodium** 528 mg	**22%**	Fiber 0.2 g	**1%**	**Vitamin C**	**1%**	**Iron**	**8%**
Protein 4 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 10 lb canned pinto beans may be substituted for dried beans. Drain beans and reserve liquid.

Variation

- **Spicy Black Beans.** Use 3 lb dried black beans. Combine 1½ lb beans and 1½ qt water in each of two 12 × 10 × 4-inch pans. Into each pan measure 1 Tbsp cumin, 1 tsp garlic powder, 1 tsp salt, and 1½ Tbsp chili powder. Stir into the beans. Steam for 50–60 minutes or until beans are tender but not mushy. Beans may also be cooked with seasonings in steam-jacketed kettle.

SEASONED FRESH BEETS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Beets, fresh	14 lb (AP) (11 lb EP)	Cut off all but 2 inches of the beet tops. Wash beets and leave whole, with root ends attached. Boil or steam until tender (p. 631). Drain. Run cold water over beets. Slip off skins and remove root ends. Slice, dice, or cut into shoestring pieces.
Margarine, melted Salt	4 oz 1 oz (1½ Tbsp)	Pour margarine over cooked beets and sprinkle with salt. Heat to serving temperature.

Approximate nutritive values per portion **Calories** 61

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**3%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 10 g	**3%**	**Vitamin A**	**1%**	**Calcium**	**1%**
Sat. Fat 1 g	**2%**	**Sodium** 290 mg	**12%**	Fiber 0 g	**0%**	**Vitamin C**	**5%**	**Iron**	**4%**
Protein 2 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For canned beets, use two No. 10 cans. See p. 630 for heating directions.
- Seasonings for beets: allspice, bay leaves, caraway seed, cloves, dill, ginger, mint, marjoram, mustard seed, basil, nutmeg, onion, orange, sour cream, vinegar.

Variations

- **Beets in Sour Cream.** Grate fresh cooked beets and season with a mixture of 1½ cups lemon juice, 1½ Tbsp onion juice, 2 tsp salt, and 10 oz sugar. Toss lightly. Serve with a spoonful of sour cream on each portion.
- **Julienne Beets.** Cut 8 lb cooked beets into julienne strips. Season with a mixture of 4 oz margarine, 4 oz sugar, 4 tsp salt, and 1 cup lemon juice.
- **Pickled Beets.** See p. 515.
- **Roasted Beets.** Choose small beets. Preheat oven to 400°F. Trim off beet tops, leaving 1 inch of stem. Scrub beets to remove dirt. Put beets on a baking pan in a single layer. Roast until tender, approximately 1 hour. Remove beets from oven. Cool 30 minutes. Cut off top and root end. Peel. Heat before serving. Season with plain or flavored butter.

HARVARD BEETS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Beets, sliced or diced	2 No. 10 cans	Drain beets. Reserve juice for sauce.
Beet juice Bay leaf Cloves, whole	1½ qt 1 1 tsp	Add bay leaf and cloves to beet juice. Heat to boiling point. Remove bay leaf.
Sugar, granulated Salt Cornstarch	12 oz 1 oz (1½ Tbsp) 6 oz	Combine dry ingredients. Add to beet juice while stirring briskly. Cook until thickened and clear.
Margarine Vinegar, cider	4 oz 2 cups	Add margarine and vinegar. Stir until mixed and margarine is melted. Heat beets. Add sauce.

Approximate nutritive values per portion **Calories** 92

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**3%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 19 g	**6%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 1 g	**2%**	**Sodium** 272 mg	**11%**	Fiber 2 g	**10%**	**Vitamin C**	**10%**	**Iron**	**4%**
Protein 1 g				Sugars 12 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- For fresh beets, use 10 lb EP (13 lb AP). See p. 631 for cooking procedure.

Variations

- **Beets with Orange Sauce.** Omit bay leaf, cloves, and vinegar. Add 2 cups orange juice and ½ cup lemon juice.
- **Hot Spiced Beets.** Drain juice from two No. 10 cans sliced beets and add 1 Tbsp whole cloves, 1½ Tbsp salt, ½ tsp cinnamon, 1 lb brown sugar, 8 oz granulated sugar, and 1 qt cider vinegar. Cook 10 minutes. Pour sauce over beets and heat to serving temperature.

SEASONED BROCCOLI

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Broccoli, fresh	16–20 lb (AP) (10 lb EP)	Wash broccoli and remove outer leaves and tough part of stocks. Cut broccoli stalks lengthwise into uniform spears, following branching lines. Steam or boil broccoli spears (p. 631).
Margarine, melted Salt	4 oz 1 oz (1½ Tbsp)	Pour margarine over cooked broccoli and sprinkle with salt. If boiling the broccoli, add salt to cooking water.

Approximate nutritive values per portion **Calories** 42

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**3%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 5 g	**2%**	**Vitamin A**	**14%**	**Calcium**	**4%**
Sat. Fat 1 g	**2%**	**Sodium** 238 mg	**10%**	Fiber 3 g	**12%**	**Vitamin C**	**140%**	**Iron**	**4%**
Protein 3 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For frozen broccoli, use 12 lb spears or 10 lb chopped.
- Seasonings for broccoli: caraway, dill, or mustard seed, tarragon, lemon, almond, oregano, pimiento, onion butter.

Variations

- **Almond Buttered Broccoli.** Brown slivered almonds in margarine and pour over cooked, drained broccoli.
- **Broccoli with Cheese Sauce.** Prepare 2 qt Cheese Sauce (p. 561). Serve 2 Tbsp (1 oz) sauce over each portion of cooked broccoli.
- **Broccoli with Hollandaise Sauce or Lemon Butter.** Serve cooked spears or chopped broccoli with 1 Tbsp Hollandaise Sauce (p. 580) or 1 tsp Lemon Butter (p. 590).

SEASONED BRUSSELS SPROUTS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Brussels sprouts, fresh	14 lb (AP) (11 lb EP)	Trim stem end of brussels sprouts. Discard wilted outside leaves. Steam or boil (p. 631) until just tender.
Margarine, melted Salt	4 oz 1 oz (1½ Tbsp)	Pour margarine over brussels sprouts and sprinkle with salt. If boiling the vegetable, add salt to the cooking water.

Approximate nutritive values per portion **Calories** 55

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**4%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 9 g	**3%**	**Vitamin A**	**7%**	**Calcium**	**3%**
Sat. Fat 1 g	**2%**	**Sodium** 234 mg	**10%**	Fiber 4 g	**17%**	**Vitamin C**	**103%**	**Iron**	**6%**
Protein 3 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Seasonings for brussels sprouts: dill, celery seed, fennel, lemon.

SEASONED CABBAGE

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Cabbage, fresh	14 lb (AP) (12 lb EP)	Remove wilted outer leaves and wash cabbage. Crisp in cold water if wilted. Cut into wedges and remove center core; or shred coarsely. Steam or boil (p. 631). Drain.
Margarine, melted Salt	4 oz 1 oz (1½ Tbsp)	Pour margarine over cabbage and sprinkle with salt. If boiling cabbage, add salt to the cooking water.

Approximate nutritive values per portion **Calories** 42

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**3%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 6 g	**2%**	**Vitamin A**	**2%**	**Calcium**	**5%**
Sat. Fat 1 g	**2%**	**Sodium** 233 mg	**10%**	Fiber 2 g	**7%**	**Vitamin C**	**85%**	**Iron**	**3%**
Protein 1 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Seasonings for cabbage: basil, caraway seed, celery seed, curry powder, dill, nutmeg.

Variations

- **Cabbage au Gratin.** Reduce cabbage to 7 lb. Alternate layers of cooked coarsely shredded cabbage, white sauce, and grated sharp cheese in a 12 × 20 × 2-inch baking pan. (Use 2½ qt white sauce, 1 lb cheddar cheese.) Combine 6 oz bread crumbs and 3 oz melted margarine and sprinkle on top. Bake at 350°F for about 25 minutes.
- **Cabbage Polannaise.** Arrange cabbage wedges, partially cooked, in baking pans. Cover with 3 qt medium white sauce. Sprinkle with buttered bread crumbs. Bake at 350°F for about 25 minutes.
- **Creamed Cabbage.** Omit margarine. Pour 2 qt medium white sauce over shredded, cooked, drained cabbage.
- **Stir-Fried Cabbage.** Melt 6 oz margarine in frying pan. Add 6 lb EP (7 lb AP) shredded cabbage, 12 oz sliced onions, 12 oz diagonally sliced celery. Stir gently while cooking 6–10 minutes. Just before serving, add 4 lb fresh tomatoes, diced in ½-inch cubes.
- **Scalloped Cabbage.** Omit margarine or butter. Pour 2 qt medium white sauce over chopped, cooked, drained cabbage. Cover with buttered crumbs. Bake at 400°F for 15–20 minutes. Shredded cheese may be added.

HOT CABBAGE SLAW

Yield: 50 portions or 1¼ gal *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Cabbage, fresh	7 lb 8 oz (AP) (6 lb EP)	Remove outside leaves and wash cabbage. Shred coarsely.
Sugar, granulated Salt Flour, all-purpose Dry mustard	12 oz 2 tsp 3 oz 1 tsp	Mix dry ingredients in a sauce pan or kettle.
Milk, hot Water, hot	2½ cups 3 cups	Add milk and water while stirring. Cook until thickened.
Eggs, beaten	5 (9 oz)	Add eggs gradually while stirring briskly. Cook for 2–3 minutes.
Vinegar, cider, hot	1½ cups	Add vinegar.
Celery seed	2½ tsp	Pour hot sauce over cabbage just before serving. Add celery seed and mix lightly.

Approximate nutritive values per portion **Calories** 61

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	**2%**	**Cholest.** 23 mg	**8%**	**Total Carb.** 12 g	**4%**	**Vitamin A**	**2%**	**Calcium**	**4%**
Sat. Fat 1 g	**2%**	**Sodium** 110 mg	**5%**	Fiber 1 g	**4%**	**Vitamin C**	**43%**	**Iron**	**3%**
Protein 2 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

PARSLEY BUTTERED CARROTS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Carrots, fresh	14 lb (AP) (10 lb EP)	Wash, trim, and peel carrots. Cut into desired shapes (slices, strips, cubes, or quarters). Steam or boil until just tender (p. 631).
Margarine, melted	4 oz	Pour margarine over carrots and sprinkle with salt and parsley. If boiling carrots, add salt to the cooking water.
Salt	1 oz (1½ Tbsp)	
Parsley, chopped	1 oz	

Approximate nutritive values per portion **Calories** 56

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**3%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 9 g	**3%**	**Vitamin A**	**256%**	**Calcium**	**2%**
Sat. Fat 1 g	**2%**	**Sodium** 245 mg	**10%**	Fiber 2 g	**9%**	**Vitamin C**	**15%**	**Iron**	**2%**
Protein 1 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Seasonings for carrots: allspice, basil, caraway seed, cloves, cumin, curry powder, dill, fennel, ginger, mace, marjoram, mint, nutmeg, thyme, parsley.

Variations

- **Candied Carrots.** Cut carrots into 1-inch pieces. Cook until tender but not soft. Melt 8 oz margarine. Add 8 oz sugar and 1½ tsp salt. Add to carrots. Bake at 400°F for 15–20 minutes. Turn frequently. Carrots may be prepared, using a skillet instead of the oven. Melt butter, sugar, and salt in a skillet. Add carrots and cook until slightly browned and glazed.
- **Candied Carrots and Parsnips.** Use half carrots and half parsnips. Cook as for Candied Carrots. Season lightly with ground ginger.
- **Glazed Parsnips.** Peel parsnips. If parsnip cores are hard and woody, remove the core. Cut in strips and proceed as for Candied Carrots.
- **Lyonnaise Carrots.** Arrange cooked carrot strips in baking pan. Add 3 lb chopped onion that has been cooked until tender in 4 oz margarine. Bake at 350°F for 10–15 minutes or until vegetables are lightly browned. Just before serving, sprinkle with chopped parsley.
- **Marinated Carrots.** See p. 482.
- **Mint-Glazed Carrots.** Cut carrots into quarters lengthwise. Cook until almost tender. Drain. Melt 8 oz margarine, 8 oz sugar, 1½ tsp salt, and 1 cup mint jelly. Blend. Add carrots and simmer 5–10 minutes.
- **Savory Carrots.** Cook carrots in beef or chicken stock. When done, season with 4 oz melted margarine, salt and pepper, and ¼ cup lemon juice. Sprinkle with chopped parsley.
- **Sweet-Sour Carrots.** Add to cooked carrots a sauce made of 1½ qt vinegar, 2 lb 4 oz sugar, 2 Tbsp salt, and 12 oz melted margarine. Bake at 350°F for 15–20 minutes, or simmer until carrots and sauce are thoroughly heated.

CELERY AND CARROTS AMANDINE

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Celery	7 lb (AP) (5 lb EP)	Wash and trim celery. Cut into diagonal slices. Steam or boil (p. 631).
Salt	2 tsp	Sprinkle with salt. If boiling the celery, add salt to cooking water.
Carrots, fresh	7 lb (AP) (5 lb EP)	Wash and peel carrots. Cut into strips. Steam or boil until tender-crisp. Drain.
Salt	2 tsp	Sprinkle with salt. If boiling the carrots, add salt to the cooking water.
Margarine	8 oz	Heat margarine in frying pan.
Almonds, blanched, slivered	8 oz	Add almonds and brown lightly.
Lemon juice	⅓ cup	Remove almonds from heat. Add lemon juice. Combine vegetables. Pour almond mixture over and stir carefully to mix seasoning with vegetables.

Approximate nutritive values per portion **Calories** 86

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**10%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 7 g	**2%**	**Vitamin A**	**129%**	**Calcium**	**4%**
Sat. Fat 1 g	**5%**	**Sodium** 269 mg	**11%**	Fiber 2 g	**9%**	**Vitamin C**	**13%**	**Iron**	**3%**
Protein 2 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Seasonings for celery: fresh basil, parsley, thyme.

Variation

- **Creole Celery.** Cook 5 lb diced celery until partially done. Add 1 lb chopped onions and 4 oz chopped green pepper that have been sautéed in 6 oz margarine. Add 2 No. 10 cans tomatoes and 1½ tsp salt. Cook until tender.

SEASONED CAULIFLOWER

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Cauliflower, fresh	16 lb (AP) (10 lb EP)	Wash cauliflower. Remove outer leaves and woody stem. Break into florets. Steam or boil cauliflower (p. 631).
Margarine, melted Salt	4 oz 1 oz (1½ Tbsp)	Pour margarine over cooked cauliflower and sprinkle with salt. If boiling the cauliflower, add salt to the cooking water.

Approximate nutritive values per portion **Calories** 49

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	4%	**Cholest.** 0 mg	0%	**Total Carb.** 6 g	2%	**Vitamin A**	0%	**Calcium**	2%
Sat. Fat 1 g	2%	**Sodium** 234 mg	10%	Fiber 0 g	0%	**Vitamin C**	107%	**Iron**	2%
Protein 3 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Seasonings for cauliflower: caraway seed, celery salt, dill, mace, tarragon, buttered crumbs, cheese, lemon juice.

Variations

- **Cauliflower with Almond Butter.** Season freshly cooked cauliflower with 12 oz slivered almonds that have been browned in 8 oz margarine.
- **Cauliflower with Cheese Sauce.** Pour 3 qt Cheese Sauce (p. 561) over cooked fresh cauliflower.
- **Cauliflower with Peas.** Combine 6 lb freshly cooked cauliflower with 4 lb cooked frozen peas. Season with 4 oz melted margarine.
- **Creamed Cauliflower.** Pour 3 qt white sauce over cooked cauliflower.
- **French Fried Cauliflower.** See p. 654.

SEASONED WHOLE KERNEL CORN

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Whole kernel corn, frozen	10 lb	Steam or boil corn (p. 631). Do not add salt until after cooking to prevent toughening and discoloring of corn kernels.
Margarine, melted Salt	4 oz 1 oz (1½ Tbsp)	Pour margarine over corn. Stir in salt.

Approximate nutritive values per portion **Calories** 90

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 0 mg	0%	**Total Carb.** 19 g	6%	**Vitamin A**	2%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 218 mg	9%	Fiber 2 g	8%	**Vitamin C**	3%	**Iron**	1%
Protein 3 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Seasonings for corn: cilantro, curry, green pepper, rosemary, savory, thyme.
- For canned corn, use two No. 10 cans. See p. 630 for heating instructions.

Variations

- **Corn in Cream.** Add 1¼ qt light cream (half-and-half), 6 oz margarine or butter, 1½ Tbsp salt, and 1 Tbsp white pepper to cooked corn. Bring just to boiling point and serve immediately.
- **Corn O'Brien.** Add 1 lb chopped bacon, 12 oz chopped green pepper, and 12 oz chopped onion that have been cooked together. Just before serving, add 3 oz chopped pimiento, salt, and pepper.
- **Creamed Whole Kernel Corn.** Combine 2 cups whipping cream, 2 oz granulated sugar, and 1 oz (1½ Tbsp) salt. Bring to a boil. Add 1 cup whipping cream and 1½ oz cornstarch, which have been mixed with a wire whip until smooth. Stir and cook until thick and bubbly. Cook 2 minutes longer. Stir into 10 lb cooked frozen whole kernel corn.

SCALLOPED CORN

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 4 oz
Oven: 350°F *Bake:* 35–40 minutes

Ingredient	*Amount*	*Procedure*
Corn, cream style	2 No. 10 cans	Mix corn, milk, and seasonings.
Milk	1 qt	
Salt	1 Tbsp	
Pepper, black	½ tsp	
Cracker crumbs	14 oz	Combine crumbs and margarine.
Margarine, melted	12 oz	Place alternate layers of buttered crumbs and corn mixture in two 12 × 20 × 2-inch baking pans.
		Bake at 350°F for 35–40 minutes.

Approximate nutritive values per portion **Calories** 180

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**12%**	**Cholest.** 3 mg	**1%**	**Total Carb.** 28 g	**9%**	**Vitamin A**	**3%**	**Calcium**	**4%**
Sat. Fat 2 g	**9%**	**Sodium** 641 mg	**27%**	Fiber 1 g	**6%**	**Vitamin C**	**9%**	**Iron**	**4%**
Protein 4 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- 6 oz chopped green pepper and 6 oz chopped pimiento may be added.

CORN PUDDING

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 5 oz
Oven: 325°F *Bake:* 40–45 minutes

Ingredient	*Amount*	*Procedure*
Corn, whole kernel, frozen	9 lb	Thaw corn.
Egg yolks, beaten	24 (1 lb)	Combine corn and all ingredients except egg whites.
Milk	3 qt	
Margarine, melted	6 oz	
Salt	2 Tbsp	
Pepper, white	1 tsp	
Egg whites	24 (1 lb 10 oz)	Beat egg whites until stiff but not dry. Fold into corn mixture. Pour into two 12 × 20 × 2-inch baking pans. Place in pans of hot water. Bake at 325°F for approximately 40–45 minutes or until internal temperature reaches 180°F.

Approximate nutritive values per portion **Calories** 398

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**17%**	**Cholest.** 124 mg	**41%**	**Total Carb.** 64 g	**21%**	**Vitamin A**	**24%**	**Calcium**	**9%**
Sat. Fat 3 g	**16%**	**Sodium** 373 mg	**16%**	Fiber 9 g	**36%**	**Vitamin C**	**0%**	**Iron**	**14%**
Protein 13 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

BAKED EGGPLANT

Yield: 50 portions *Portion:* 3 oz
Oven: 375°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Eggplant	12 lb (AP) (10 lb EP)	Peel eggplant and cut into ½-inch slices. Sprinkle with salt and let stand for 30 minutes. Rinse, drain, and pat dry with paper towels.
Eggs, beaten Milk	6 (10 oz) 2 cups	Combine beaten eggs and milk.
Flour, all-purpose Bread crumbs	1 lb 1 lb 8 oz	Dip eggplant slices in flour, then in egg mixture. Roll in crumbs.
Margarine, melted	8 oz	Place on greased baking sheets. Sprinkle with melted margarine. Bake at 375°F for 30 minutes.

Approximate nutritive values per portion **Calories** 157

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	8%	**Cholest.** 25 mg	8%	**Total Carb.** 23 g	8%	**Vitamin A**	3%	**Calcium**	3%
Sat. Fat 1 g	6%	**Sodium** 158 mg	7%	Fiber 1 g	3%	**Vitamin C**	2%	**Iron**	7%
Protein 4 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Seasonings for eggplant: basil, garlic, marjoram, onion, oregano, cheese, tomato, parsley.

Variations

- **Eggplant Parmesan.** Prepare Italian Tomato Sauce (p. 573). Prepare 10 lb A) eggplant (yield 8 lb EP) and cook as directed for Baked Eggplant. (Frozen eggplant cutlets may be substituted for fresh eggplant.) Cheeses needed: 5 lb shredded mozzarella and 1 lb 4 oz grated Parmesan. Layer eggplant, sauce, and cheeses as follows into each of four 12 × 10 × 2-inch baking pans:

  1½ cups sauce
  1 lb cooked eggplant cutlets
  8 oz shredded mozzarella cheese
  2 oz Parmesan cheese
  2½ cups sauce
  1 lb cooked eggplant cutlets
  8 oz shredded mozzarella cheese
  3 oz Parmesan cheese
  2½ cups sauce
  4 oz shredded mozzarella cheese

  Bake at 350°F for 25–30 minutes or until heated through. To serve, cut 4 × 3.

- **Sautéed Eggplant.** Prepare eggplant as in recipe. Sauté in margarine until tender.

CREOLE EGGPLANT

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 3 oz
Oven: 350°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Eggplant	10 lb (AP) (8 lb EP)	Peel eggplant and cut into 1-inch cubes. Sprinkle with salt and let stand for 30 minutes.
Water, boiling	1½ gal	Rinse and drain.
Salt	2 Tbsp	Steam or boil (p. 631).
Margarine, melted	1 lb	Cook onion, green pepper, and celery in margarine until tender.
Onion, chopped	1 lb 8 oz	
Green pepper, coarsely chopped	12 oz	
Celery, coarsely chopped	1 lb	
Tomatoes, diced, canned	1 No. 10 can	Combine tomatoes and seasonings with eggplant and other ingredients.
Salt	2 Tbsp	Pour into two 12 × 20 × 2-inch baking pans.
Pepper, black	2 tsp	
Sugar, granulated	2 Tbsp	
Bread crumbs	12 oz	Top with buttered crumbs.
Margarine, melted	8 oz	Bake at 350°F for 30 minutes.

Approximate nutritive values per portion **Calories** 166

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**18%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 15 g	**5%**	**Vitamin A**	**8%**	**Calcium**	**4%**
Sat. Fat 2 g	**11%**	**Sodium** 800 mg	**33%**	Fiber 1 g	**5%**	**Vitamin C**	**29%**	**Iron**	**5%**
Protein 2 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation

- **Eggplant Tomato Bake.** Peel eggplant and slice 1 inch thick. Steam or parboil until fork-tender. Place on baking sheets in a single layer. Sprinkle with salt and pepper. Cook 1 lb 8 oz chopped onion and 3 cloves garlic, minced, in 1½ cups vegetable oil and 12 oz margarine. Add to 5 lb peeled chopped fresh tomatoes, 1 cup chopped parsley, ¼ tsp oregano, ½ tsp thyme, 1 tsp basil, and 1 lb bread crumbs. Pile mixture on individual slices of eggplant. Sprinkle grated Swiss cheese (2 lb) over top. Bake at 350°F until eggplant is hot and cheese is melted.

ROASTED PORTABELLA MUSHROOM

Yield: 50 portions *Portion:* 1 mushroom
Oven: 375°F

Ingredient	*Amount*	*Procedure*
Portabella mushroom (see Notes)	50 mushrooms (approx. 18 lb)	Clean mushrooms. Dry well.
Balsamic Vinegar Marinade (p. 595)	1 gal	Brush both sides of mushrooms with Balsamic Vinegar Marinade. Place mushrooms gill side down on lightly oiled baking pan. Roast for 10–12 minutes, until tender. After baking, brush mushrooms with marinade.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- The gills from the under side of the mushroom cap may be removed before baking.

Variations

- **Portabella Peperonata on Orzo Pilaf.** Prepare Orzo Pilaf (p. 370) (delete mushrooms). Prepare Peperonata (p. 656). Serve one Portabella Mushroom on a bed of Orzo Pilaf topped with 2 oz Peperonata.

BAKED ONIONS

Yield: 50 portions *Portion:* 1 4-oz onion
Oven: 400°F *Bake:* 20–30 minutes

Ingredient	*Amount*	*Procedure*
Onions, 4 oz, Bermuda or Spanish	50 (15 lb AP)	Peel onions and steam (p. •••) until tender. Place in greased baking pans.
Salt	1 Tbsp	Sprinkle salt and buttered crumbs on onions.
Bread crumbs	8 oz	
Margarine, melted	8 oz	
Chicken or Beef Stock (pp. 598, 599)	1 qt	Pour stock around onions. Bake at 400°F for 20–30 minutes.

Approximate nutritive values per portion **Calories** 103

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	**6%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 15 g	**5%**	**Vitamin A**	**1%**	**Calcium**	**3%**
Sat. Fat 1 g	**4%**	**Sodium** 271 mg	**11%**	Fiber 2 g	**10%**	**Vitamin C**	**14%**	**Iron**	**2%**
Protein 2 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Onions may be cut into thick slices.
- Seasonings for onions: basil, caraway seed, marjoram, oregano, rosemary, sage, or thyme.

Variations

- **Creamed Pearl Onions.** Cook 12 lb 8 oz small unpeeled white onions (p. 631), then peel. Add 2 qt Medium White Sauce (p. 561) to which 4 oz additional margarine has been added. Garnish with paprika.
- **Glazed Onions.** Mix 1 lb 12 oz brown sugar, 2 cups water, 8 oz margarine, and ½ tsp salt. Pour over cooked onions and bake.
- **Onion Casserole.** Cook 10 lb small pearl onions (p. 631). Combine with 10 oz chopped walnuts, 8 oz pimiento strips, and eight 10½-oz cans cream of mushroom or cream of chicken soup. Cover with 6 oz shredded cheddar or Swiss cheese. Bake at 400°F for approximately 30 minutes.

FRENCH FRIED ONION RINGS

Yield: 50 portions *Portion:* 3 oz
Deep-fat fryer: 350°F *Fry:* 3–4 minutes

Ingredient	*Amount*	*Procedure*
Onions, large round	10 lb (AP) (8 lb EP)	Peel onions and cut crosswise into ¼-inch slices. Separate into rings.
Eggs, beaten	6 (10 oz)	Combine eggs and milk.
Milk	2 cups	
Flour, all-purpose	12 oz	Combine dry ingredients.
Baking powder	2 tsp	Add to egg-milk mixture to make a batter.
Salt	1½ tsp	Dip onion rings in batter and fry in deep fat for 3–4 minutes. Drain.

Approximate nutritive values per portion plus frying oil **Calories** 67

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	**2%**	**Cholest.** 25 mg	**8%**	**Total Carb.** 12 g	**4%**	**Vitamin A**	**1%**	**Calcium**	**3%**
Sat. Fat 1 g	**2%**	**Sodium** 90 mg	**4%**	Fiber 1 g	**6%**	**Vitamin C**	**7%**	**Iron**	**3%**
Protein 3 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Deep-Fat Fried Bananas.** Cut peeled bananas into 2-inch pieces. Sprinkle with lemon juice and powdered sugar. Let stand 30 minutes. Dip in batter and fry at 370°F for 1–3 minutes.
- **French Fried Cauliflower.** Dip 10 lb cold cooked cauliflower into batter and fry at 370°F for 3–4 minutes.
- **French Fried Eggplant.** Peel and cut 13 lb AP eggplant as for French Fried Potatoes (p. 659). Dip in batter and fry at 370°F for 5–7 minutes. Eggplant may be dipped in egg and crumb mixture (p. 39) and fried. Eggplant discolors quickly, so it should be placed in cold water if not breaded immediately.
- **French Fried Mushrooms.** Clean small, uniform-size mushrooms by brushing or rinsing. Do not soak. Dip in batter and fry at 370°F for 4–6 minutes.
- **French Fried Zucchini Sticks.** Cut unpeeled zucchini lengthwise into strips about ½ inch thick. Dip in batter and fry at 370°F for 4–6 minutes.

SEASONED PEAS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Peas, frozen	10 lb	Steam or boil peas (p. 631).
Margarine, melted Salt	4 oz 1 oz (1½ Tbsp)	Pour margarine over cooked peas and sprinkle with salt. If boiling the peas, add salt to the cooking water.

Approximate nutritive values per portion **Calories** 87

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 0 mg	0%	**Total Carb.** 13 g	4%	**Vitamin A**	6%	**Calcium**	2%
Sat. Fat 1 g	2%	**Sodium** 292 mg	12%	Fiber 3 g	14%	**Vitamin C**	14%	**Iron**	7%
Protein 5 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- If using canned peas, heat 2 No. 10 cans. See p. 630.
- For fresh peas, use 25 lb AP. Shell and rinse. Steam or boil (p. 631).
- Seasonings for peas: basil, dill, marjoram, mint, oregano, rosemary, sage, savory, mushrooms, water chestnuts, onions.

Variations

- **Creamed Peas with New Potatoes.** Combine 7 lb freshly cooked new potatoes and 5 lb cooked frozen peas with 3 qt Medium White Sauce (p. 561).
- **Green Peas and Sliced New Turnips.** Combine 5 lb frozen peas, cooked, with 3 lb new turnips, sliced and cooked. Add 4 oz melted margarine and salt to taste.
- **Green Peas with Pearl Onions.** Combine 7 lb 8 oz frozen peas, cooked, and 3 lb pearl onions, cooked. Add 4 oz melted margarine or 2 qt Medium White Sauce (p. 561).
- **Green Peas with Mushrooms.** Add 2 lb fresh mushrooms, sliced and sautéed in 8 oz margarine, to 10 lb cooked frozen peas.
- **Green Peas with Lemon-Mint Butter.** Cream 1 lb butter or margarine, ¼ cup lemon juice, and 1 tsp grated lemon peel. Add ½ cup finely chopped fresh mint. The lemon-mint butter can be made ahead and stored in the refrigerator. When ready to use, melt and pour over hot peas.

ROASTED BELL PEPPERS

Yield: 1 lb

Ingredient	*Amount*	*Procedure*
Bell peppers (see Notes)	4 large	Stem peppers and remove seeds and ribs. Cut in half lengthwise. Flatten peppers slightly. Lay peppers skin side up on foil-lined baking sheet. Broil 4 inches from heat until skins are charred black, 12–15 minutes. Place peppers in a bowl and cover tightly with plastic wrap. Let steam for 15–20 minutes. Peel off charred skin.
Olive oil (optional) Lemon juice (optional)	2 Tbsp 2 tsp	Drizzle oil and lemon juice over peppers. Use immediately or refrigerate.
		Serve on sandwiches, in sauces, as a topping for focaccia, etc.

Notes

- All colors of bell peppers may be roasted. Red, yellow, and orange are often specified in recipes because they remain colorful after roasting.
- Roasted peppers may be kept frozen and thawed as needed.

PEPERONATA

Yield: 50 portions *Portion:* 2 oz

Ingredient	*Amount*	*Procedure*
Olive oil	8 oz	Heat olive oil in frypan or steam-jacketed kettle.
Onion, sliced	1 lb (EP)	Sauté onions until golden and translucent.
Garlic, minced	4 cloves	Add garlic and cook until tender, about 3 minutes.
Red bell peppers, julienne strips	1 lb 12 oz (EP)	Add bell peppers and cook until just beginning to soften.
Yellow bell peppers, julienne strips	1 lb 12 oz (EP)	
Tomatoes, chopped (canned)	1 lb 8 oz	Add tomatoes, vinegar, spices, and parsley.
Red wine vinegar	½ cup	Cook only until juices evaporate, to 150–160°F. (Note: Peppers should be tender-crisp and brightly colored.)
Salt	1 tsp	Serve as an accompaniment to sandwiches, with pasta, or as a garnish.
Pepper, black	1 Tbsp	
Red pepper, crushed	¼ tsp	
Parsley, coarsely chopped (fresh)	1 oz	

Approximate nutritive values per portion **Calories** 55

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**7%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 3.5 g	**1%**	**Vitamin A**	**10%**	**Calcium**	**1%**
Sat. Fat 0.6 g	**3%**	**Sodium** 76 mg	**3%**	Fiber 0.8 g	**3%**	**Vitamin C**	**100%**	**Iron**	**2%**
Protein 0.7 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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BAKED POTATOES

Yield: 50 portions *Portion:* 1 potato
Oven: 400°F *Bake:* 1–1½ hours

Ingredient	*Amount*	*Procedure*
Baking potatoes, uniform size	50	Scrub potatoes and remove blemishes.
Shortening	4 oz	Rub or brush lightly with shortening. Place on baking sheets. Bake at 400°F for 1–1½ hours or until tender.

Approximate nutritive values per portion **Calories** 165

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	4%	**Cholest.** 0 mg	0%	**Total Carb.** 34 g	11%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 1 g	3%	**Sodium** 8 mg	1%	Fiber 4 g	15%	**Vitamin C**	33%	**Iron**	3%
Protein 3 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Select a long, mealy-type potato, such as russet.

Variations

- **Baked Potato with Toppings.** Prepare potatoes and bake (see recipe). Serve with one of the following toppings and one or more of the accompaniments: *Toppings* include Cheese Sauce (p. 561), 3 oz; Chili con Carne (p. 607), 3 oz; Creamed Chicken (p. 450), Ham (p. 355), or Sausage (p. 358), 3 oz; Nacho Sauce (p. 80), 3 oz; sour cream, 1 oz. *Accompaniments* include Guacamole (p. 80), chopped broccoli, shredded cheese, sliced mushrooms, chopped green onions, chopped chives, sliced black olives, chopped ham or chicken, chopped lettuce, chopped tomatoes, crumbled cooked bacon, slivered almonds.
- **Broccoli Cheese-Topped Potato.** See p. 561 for Cheese Broccoli Sauce. Serve over baked potato.
- **Cheese-Topped Potato.** Whip 1 lb softened margarine. Add 2 lb sour cream and mix thoroughly. Fold in 1 lb finely shredded American cheese and 6 oz finely chopped green onions. Serve over baked potato.
- **Stuffed Baked Potato.** Cut hot baked potatoes into halves lengthwise. If potatoes are small, cut a slice from one side. Scoop out contents. Mash, season with 2 Tbsp salt, 1 tsp white pepper, 8 oz melted margarine, and 3–4 cups hot milk. Beat until light and fluffy. Pile lightly into shells, leaving tops rough. Sprinkle with paprika or Parmesan cheese, if desired. Bake at 425°F until potatoes are hot and lightly browned, about 30 minutes.

MASHED POTATOES

Yield: 50 portions *Portion:* 5 oz

Ingredient	*Amount*	*Procedure*
Potatoes	15 lb (AP) (12 lb EP)	Peel and eye potatoes. Cut into uniform-size pieces. Steam or boil (p. 631). When done, drain and place in mixer bowl. Mash, using wire whip attachment, on low speed until there are no lumps. Whip on high speed about 2 minutes.
Milk, hot	2–2½ qt	Add hot milk, margarine, and salt.
Margarine	8 oz	Whip on high speed until light and creamy.
Salt	2 oz (3 Tbsp)	

Approximate nutritive values per portion **Calories** 158

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	8%	**Cholest.** 5 mg	2%	**Total Carb.** 25 g	8%	**Vitamin A**	2%	**Calcium**	5%
Sat. Fat 2 g	8%	**Sodium** 451 mg	19%	Fiber 3 g	10%	**Vitamin C**	23%	**Iron**	2%
Protein 3 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- A low-moisture white potato must be used to produce a fluffy product.
- Potato water may be substituted for part of the milk.
- 8 oz nonfat dry milk powder and 2–2½ qt water may be substituted for the liquid milk. Sprinkle dry milk over potatoes before mashing.
- Dehydrated potatoes (2–2½ lb) may be substituted for the raw potatoes. Follow processor's instructions for preparation.
- Seasonings for mashed potatoes: chives, dill, garlic, ground horseradish, nutmeg.

Variations

- **Duchess Potatoes.** Add 18 eggs (2 lb), beaten, to mashed potatoes. Add additional milk if necessary. Pile lightly into baking pans. Bake at 350°F for 20–30 minutes, or until set.
- **Roasted Garlic Mashed Potatoes.** Add 8 oz roasted garlic (p. 658) along with the milk and margarine. **Roasted Garlic:** Preheat oven to 350°F. Remove the loose outside skins of the garlic heads by rolling them back and forth on cutting board, being careful not to loosen the cloves. Place garlic heads on a baking sheet. Drizzle ½ tsp olive oil over each head to coat. Roast until tender, about 1 hour. cool. Cut garlic head horizontally, exposing the soft flesh. Using a table knife, press the softened cloves out of their skins. Drizzle baked garlic pulp with olive oil. Store covered in refrigerator. Use within 48 hours.
- **Mashed Potato Casserole.** Add ½ cup chopped chives; ½ cup crisp, cooked, crumbled bacon; 12 oz cream cheese; 1 tsp white pepper; and ¼ tsp garlic powder. Mix until blended. Place in baking pans. Sprinkle lightly with grated Parmesan cheese and paprika. Brush lightly with melted margarine. Bake at 375°F for 30 minutes or until light brown.
- **Potato Croquettes.** Add 18 egg yolks, well beaten. Shape into croquettes and dip in egg-milk mixture and crumbs (p. 39). Chill. Fry in deep fat at 360°F for 5–8 minutes.
- **Potato Rosettes.** Force Duchess Potatoes through a pastry tube, forming rosettes. Bake at 350°F until lightly browned. Use as a garnish for planked steak.
- **Whipped Rutabagas and Potatoes.** Peel 10 lb (AP) rutabagas and 5 lb potatoes. Cut into uniform-size pieces and steam or boil (p. 631). Mash and season as for potatoes. 1 tsp nutmeg may be added.

FRENCH FRIED POTATOES

Yield: 50 portions *Portion:* 3 oz
Deep-fat fryer: 365°F *Fry:* 6–8 minutes

Ingredient	*Amount*	*Procedure*
Potatoes, white	18 lb (AP) (15 lb EP)	Peel and cut potatoes into uniform strips ¼–⅜ inch thick. Cover with cold water to keep potatoes from darkening.
		Just before frying, drain potatoes and dry with paper towels. Fill fryer basket about one-third full of potatoes. Fry according to Method 1 or 2.

Method 1

Half fill fryer with fat. Preheat to 365°F. Fry potatoes for 6–8 minutes. Drain. Sprinkle with salt. Serve immediately.

Method 2

Blanching: Heat fat to 360°F. Place drained potato strips in hot fat, using an 8 to 1 ratio of fat to potatoes, by weight, as a guide for filling fryer basket. Fry 3–5 minutes depending on thickness of potato. (The potatoes should not brown.) Drain. Turn out on sheet pans. Refrigerate for later browning.
Browning: Reheat fat to 375°F. Place about twice as many potato strips in the kettle as for first-stage frying. Fry 2–3 minutes or until golden brown. Drain. Sprinkle with salt if desired. Serve immediately.

Approximate nutritive values per portion **Calories** 269

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	**22%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 34 g	**11%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 4 g	**21%**	**Sodium** 184 mg	**8%**	Fiber 0 g	**0%**	**Vitamin C**	**14%**	**Iron**	**3%**
Protein 3 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Select a long, mealy potato, such as a russet.
- To cook frozen French Fried Potatoes, use 12 lb for 50 3-oz portions. Fry at 375°F for 3–5 minutes or until golden brown.

Variations

- **Deep-Fat Browned Potatoes.** Partially cook peeled whole or half potatoes. Fry in deep fat at 365°F for 5–7 minutes. Transfer to serving pan. Sprinkle with salt.
- **Lattice Potatoes.** Cut potatoes with lattice slicer. Fry at 365°F for 3–6 minutes. Transfer to serving pan. Sprinkle with salt.
- **Potato Chips.** Cut potatoes into very thin slices. Fry at 365°F for 3–6 minutes. Transfer to serving pan. Sprinkle with salt.
- **Shoestring Potatoes.** Cut potatoes into ⅛-inch strips. Fry at 365°F for 3–6 minutes. Transfer to serving pan. Sprinkle with salt.

PARSLEY BUTTERED NEW POTATOES

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
New potatoes	15 lb (AP) (10 lb EP)	Wash and peel potatoes, removing eyes (see Note).
Salt	1 oz (1½ Tbsp)	Cut potatoes into 1½-inch cubes, or leave whole. If whole potatoes, cut as necessary to be of uniform size. Sprinkle with salt. If boiling the potatoes, add salt to the cooking water. Steam or boil (p. 631) until tender.
Margarine, melted	8 oz	Distribute margarine uniformly over cooked potatoes.
Fresh parsley, chopped	1 oz	Sprinkle with parsley.

Approximate nutritive values per portion **Calories** 104

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	**6%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 17 g	**6%**	**Vitamin A**	**1%**	**Calcium**	**0%**
Sat. Fat 1 g	**4%**	**Sodium** 239 mg	**10%**	Fiber 0 g	**0%**	**Vitamin C**	**11%**	**Iron**	**1%**
Protein 1 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- New potatoes may be peeled after cooking. If skins are thin they may be served unpeeled.

Variations

- **Creamed New Potatoes.** Add 3 qt Medium White Sauce (p. 561) to cooked potatoes.
- **Creamed New Potatoes and Peas.** See p. 655.
- **Lemon-Seasoned New Potatoes.** Peel and cook uniform, small new potatoes. Pour over them a mixture of ¼ cup lemon juice, 8 oz melted margarine, then roll in minced parsley.
- **New Potatoes in Mustard.** Add ¾ cup Dijon mustard and 2 Tbsp dried chervil to the melted margarine.
- **New Potatoes Parmesan.** Scrub small uniform-size new potatoes. Remove 1 inch of peeling from around the center of each potato. Steam or boil (p. 631) until just done. Roll potatoes in melted margarine. Place in baking pans. Sprinkle with Parmesan cheese. Bake at 350°F for 20–25 minutes. Canned small whole potatoes may be substituted for fresh potatoes.
- **Paprika-Seasoned New Potatoes.** Delete parsley. Sprinkle potatoes with 1 Tbsp paprika. Stir lightly to mix seasoning.

ROASTED RED-SKINNED POTATOES

Yield: 50 portions *Portion:* 5 oz
Oven: 400°F

Ingredient	*Amount*	*Procedure*
Potatoes, red-skinned unpeeled, cut into irregular 2-inch chunks, or left whole if small	17 lb (EP)	Place potatoes in large bowl.
Olive oil	1 lb 8 oz	Pour olive oil over potatoes. Stir to coat. Drain excess oil from potatoes.
Salt	2 oz	Sprinkle salt, pepper, and garlic over potatoes. Stir to coat.
Pepper, cracked black	1 Tbsp	Spread potatoes in a single layer on oiled baking sheets.
Garlic, minced (optional)	1 oz (EP)	Roast potatoes at 400°F until tender and golden brown. 30–35 minutes.

Approximate nutritive values per portion **Calories** 230

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	**21%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 28 g	**9%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 1.8 g	**9%**	**Sodium** 495 mg	**21%**	Fiber 1.9 g	**7%**	**Vitamin C**	**8%**	**Iron**	**0%**
Protein 1.9 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Sliced potatoes (⅜ inch) may be used. Reduce cooking time to 20–25 minutes.

Variations

- **Rosemary Roasted Potatoes.** Delete garlic if desired. Sprinkle ½ oz finely minced fresh rosemary on potatoes along with the salt and pepper. Garnish with fresh sprigs of rosemary. May substitute Yukon Gold or other yellow potato.
- **Oven Roasted Sweet Potatoes with Soy Sauce.** Substitute peanut oil for olive oil and sweet potatoes for red potatoes. Delete garlic. Take sweet potatoes out of the oven after 30 minutes and drizzle with ⅓ cup soy sauce. Roast for an additional 5 minutes or until tender. Serve sprinkled with 8 oz toasted almonds and 1 oz coarsely chopped fresh parsley.

AU GRATIN POTATOES

Yield: 50 portions or 2 pans 12 × 10 × 2 inches *Portion:* 5 oz
Oven: 350°F *Bake:* 25–30 minutes

Ingredient	*Amount*	*Procedure*
Potatoes	10 lb (AP) (8 lb EP)	Peel and dice potatoes (or dice before cooking). Steam or boil (p. 631) until just tender.
Salt	1 Tbsp	Sprinkle with salt. If boiling the potatoes, add salt to the cooking water.
Margarine	12 oz	Melt margarine. Add flour and salt.
Flour, all-purpose	6 oz	Stir until smooth. Cook 5–10 minutes.
Salt	1 Tbsp	
Milk	3 qt	Add milk gradually while stirring. Cook until thickened.
Cheddar cheese, shredded	1 lb 8 oz	Add cheese to sauce and stir until cheese is melted. Pour over potatoes. Scale into two 12 × 20 × 2-inch baking pans, 8 lb per pan.
Bread crumbs	12 oz	Combine crumbs and margarine.
Margarine, melted	8 oz	Sprinkle over top of potatoes, 10 oz per pan. Bake at 350°F for 25–30 minutes.

Approximate nutritive values per portion **Calories** 279

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**25%**	**Cholest.** 22 mg	**7%**	**Total Carb.** 26 g	**9%**	**Vitamin A**	**9%**	**Calcium**	**18%**
Sat. Fat 6 g	**30%**	**Sodium** 530 mg	**22%**	Fiber 2 g	**8%**	**Vitamin C**	**16%**	**Iron**	**4%**
Protein 8 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1 lb 10 oz sliced dehydrated potatoes, reconstituted in 5 qt boiling water, and 1½ oz salt may be substituted for fresh potatoes.

COTTAGE FRIED POTATOES

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Potatoes	18 lb (AP) (15 lb EP)	Peel potatoes. Steam or boil until tender (p. 631).
Fat, hot	As needed	Slice cooked potatoes.
Salt	1 oz (1½ Tbsp)	Add to hot fat in frying pan. Add salt and pepper.
Pepper, black	1 tsp	Turn potatoes as needed and fry until browned.

Approximate nutritive values per portion **Calories** 192

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**2%**	**Calcium**	**1%**
Sat. Fat 2 g	**7%**	**Sodium** 285 mg	**12%**	Fiber 3 g	**13%**	**Vitamin C**	**29%**	**Iron**	**2%**
Protein 3 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **American Fried Potatoes.** Add raw sliced potatoes to hot fat. Fry until potatoes are brown and tender. Add additional fat as needed.
- **Hashed Brown Potatoes.** Add finely chopped boiled potatoes to hot fat in frying pan. Add salt and pepper. Stir occasionally and fry until browned.
- **Lyonnaise Potatoes.** Cook 2 lb chopped onion slowly in fat without browning. Add seasoned cut, boiled potatoes and cook until browned.
- **O'Brien Potatoes.** Cook cubed potatoes in a small amount of fat with chopped onion and pimiento.
- **Oven-Fried Potatoes.** Prepare potatoes as for French Fried Potatoes. Place in greased shallow pans in a thin layer and brush with melted fat, turning to cover all sides. Bake at 450°F for 20–30 minutes, or until browned, turning occasionally. Drain on absorbent paper and sprinkle with salt.

POTATO PANCAKES

Yield: 50 portions or 100 cakes *Portion:* 2 2-oz cakes

Ingredient	*Amount*	*Procedure*
Potatoes	15 lb (AP) (12 lb EP)	Peel potatoes and onions. Grind. Drain.
Onions	1 lb 8 oz	
Eggs, beaten	8 (14 oz)	Combine and add to potatoes and onion.
Flour, all-purpose	8 oz	Refrigerate batter, removing small quantities as needed for production.
Salt	2 oz (3 Tbsp)	
Baking powder	1 tsp	
Milk	¾ cup	
		Drop potato mixture with No. 20 dipper on hot greased griddle.
		Fry, turning once, until golden brown on both sides.
		Serve with warm applesauce.

Approximate nutritive values per portion **Calories** 121

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	**2%**	**Cholest.** 34 mg	**11%**	**Total Carb.** 25 g	**8%**	**Vitamin A**	**1%**	**Calcium**	**2%**
Sat. Fat 1 g	**2%**	**Sodium** 407 mg	**17%**	Fiber 0.4 g	**1%**	**Vitamin C**	**13%**	**Iron**	**3%**
Protein 3 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

SCALLOPED POTATOES

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 6 oz
Oven: 350°F *Bake:* 1½–2 hours

Ingredient	*Amount*	*Procedure*
Potatoes	15 lb (AP) (12 lb EP)	Peel and eye potatoes. Slice and place in two greased 12 × 20 × 2-inch baking pans, 6 lb per pan.
Salt	2 oz (3 Tbsp)	Sprinkle with salt.
Margarine	8 oz	Melt margarine. Add flour and salt.
Flour, all-purpose	4 oz	Stir until smooth. Cook 5 minutes.
Salt	1 oz (1½ Tbsp)	
Milk	1 gal	Add milk gradually, stirring with wire whip. Cook until thickened. Pour over potatoes.
Bread crumbs	6 oz	Combine crumbs and margarine.
Margarine, melted	2 oz	Sprinkle over potatoes. Bake at 350°F for 1½–2 hours.

Approximate nutritive values per portion **Calories** 212

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**12%**	**Cholest.** 11 mg	**4%**	**Total Carb.** 31 g	**10%**	**Vitamin A**	**4%**	**Calcium**	**10%**
Sat. Fat 3 g	**13%**	**Sodium** 698 mg	**29%**	Fiber 3 g	**11%**	**Vitamin C**	**24%**	**Iron**	**3%**
Protein 5 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Potatoes may be partially cooked and hot White Sauce (p. 561) added to shorten baking time.
- Dehydrated sliced potatoes may be substituted for fresh. Reconstitute according to package directions.

Variations

- **Scalloped Potatoes with Ham.** Add 5 lb cubed ham to White Sauce (p. 561). Reduce salt to 1 Tbsp.
- **Scalloped Potatoes with Onions.** Before baking, cover potatoes with onion rings. About 5 minutes before removing from oven, cover potatoes with shredded cheese.

SOUR CREAM POTATOES

Yield: 50 portions or 3 pans 12 × 10 × 2 inches *Portion:* 5 oz
Oven: 350°F *Bake:* 35–45 minutes

Ingredient	*Amount*	*Procedure*
Frozen hashed brown potatoes	10 lb	Thaw potatoes. Steam for 10–15 minutes. Hold for later step.
Margarine	4 oz	Melt margarine in steam-jacketed or other kettle.
Onions, chopped	1 lb	Add onions and sauté until transparent.
Sour cream	2 lb 12 oz	Add to onions and mix well.
Salt (see Notes)	1 oz	
Pepper, black	1 Tbsp	
Eggs, beaten slightly	6 (10 oz)	
Chicken base	1 Tbsp	
Water	2 cups	
		Add potatoes to onion mixture. Mix lightly. Scale into three greased 12 × 10 × 2-inch pans, 5 lb 5 oz per pan.
Cornflake crumbs	3 oz	Combine crumbs and margarine in mixer bowl, using flat paddle.
Margarine, melted	⅓ cup	Mix until crumbly. Sprinkle 2 oz over each pan of potatoes. Bake at 350°F for 35–45 minutes. To serve, spoon into 50 5-oz portions or cut each pan 4 × 4 for 48 servings.

Approximate nutritive values per portion **Calories** 297

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 19 g	**30%**	**Cholest.** 35 mg	**12%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**10%**	**Calcium**	**5%**
Sat. Fat 8 g	**41%**	**Sodium** 381 mg	**16%**	Fiber 1 g	**5%**	**Vitamin C**	**12%**	**Iron**	**9%**
Protein 5 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Undiluted cream of mushroom, cream of celery, or cream of chicken soup may be substituted for sour cream. Delete salt and chicken base.
- If a highly salted chicken base is used, delete or reduce salt.
- 2 oz (1 cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

POTATOES ROMANOFF

Yield: 60 portions or 2 pans 12 × 20 × 2 inches *Portion:* 6 oz
Oven: 350°F *Bake:* 35–45 minutes

Ingredient	*Amount*	*Procedure*
Frozen hashed brown potatoes	16 lb	Thaw potatoes. Steam for 15 minutes.
Sour cream	4 lb 4 oz	Combine in mixer bowl and blend on low speed.
Green onions, sliced	6 oz	
Salt	1½ oz	
Pepper, black	1 Tbsp	
Cheddar cheese, shredded	12 oz	
Paprika	½ tsp	Add cooked potatoes to sour cream mixture. Mix well. Scale into two greased 12 × 20 × 2-inch pans, 10 lb per pan. Sprinkle lightly with paprika. Bake uncovered at 350°F for 35–45 minutes. Cut 6 × 5.

Approximate nutritive values per portion **Calories** 356

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 23 g	**35%**	**Cholest.** 20 mg	**7%**	**Total Carb.** 36 g	**12%**	**Vitamin A**	**9%**	**Calcium**	**9%**
Sat. Fat 11 g	**54%**	**Sodium** 369 mg	**15%**	Fiber 1 g	**5%**	**Vitamin C**	**13%**	**Iron**	**10%**
Protein 6 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

OVEN-BROWNED OR RISSOLÉ POTATOES

Yield: 50 portions *Portion:* 1 potato
Oven: 450°F *Bake:* 1 hour

Ingredient	*Amount*	*Procedure*
Potatoes, baking variety	50	Peel potatoes and partially cook by boiling or steaming, about 10 minutes.
Margarine, melted	1 lb	Place potatoes on well-greased baking sheets.
Salt	1 oz (1½ Tbsp)	Pour melted margarine over potatoes. Sprinkle with salt.
		Bake at 450°F for 1 hour or until tender.
		Baste every 15 minutes with margarine from pan.
		Turn potatoes once during baking to ensure uniform browning.

Approximate nutritive values per portion **Calories** 210

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 34 g	**11%**	**Vitamin A**	**2%**	**Calcium**	**1%**
Sat. Fat 2 g	**7%**	**Sodium** 286 mg	**12%**	Fiber 4 g	**15%**	**Vitamin C**	**33%**	**Iron**	**3%**
Protein 3 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Franconia Potatoes.** Cook peeled uniform-size potatoes approximately 15 minutes. Drain and place in pan in which meat is roasting. Bake approximately 40 minutes or until tender and lightly browned, basting with drippings in pan or turning occasionally to brown all sides. Serve with roast.
- **French Baked Potatoes.** Select small, uniform potatoes and peel. Roll potatoes in melted margarine or shortening, then in cracker crumbs or crushed cornflakes. Place in shallow pans and bake.
- **Herbed Potato Bake.** Peel baking potatoes and cut into ½-inch slices. Place in greased baking pans. Combine 1½ cups melted margarine, 3½ oz dehydrated onion soup mix, and 2 Tbsp rosemary. Sprinkle over potatoes and toss lightly. Bake at 325°F for 1½ hours or until potatoes are tender.

GLAZED OR CANDIED SWEET POTATOES

Yield: 50 portions *Portion:* 4 oz
Oven: 400°F *Bake:* 20–30 minutes

Ingredient	*Amount*	*Procedure*
Sweet potatoes or yams	16 lb (AP) (13 lb EP)	Scrub potatoes. Steam or boil in skins until tender (p. 631). When potatoes are cool enough to handle, peel and cut into halves lengthwise. Arrange in shallow pans.
Sugar, brown Water Margarine Salt	1 lb 12 oz 2 cups 8 oz ½ tsp	Mix sugar, water, margarine, and salt. Heat to boiling point. Pour over potatoes. Bake at 400°F for 20–30 minutes.

Approximate nutritive values per portion **Calories** 213

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	6%	**Cholest.** 0 mg	0%	**Total Carb.** 44 g	15%	**Vitamin A**	258%	**Calcium**	4%
Sat. Fat 1 g	4%	**Sodium** 82 mg	3%	Fiber 4 g	14%	**Vitamin C**	48%	**Iron**	4%
Protein 2 g				Sugars 13 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Three No. 10 cans of sweet potatoes may be substituted for fresh sweet potatoes.
- Seasonings for sweet potatoes: allspice, cardamom, cinnamon, cloves, or nutmeg.

Variations

- **Baked Sweet Potatoes.** Select small even-size sweet potatoes or yams. Scrub. Bake at 425°F for 40–50 minutes, or until tender.
- **Candied Sweet Potatoes with Almonds.** Proceed as for Glazed Sweet Potatoes. Increase margarine to 12 oz and reduce brown sugar to 1 lb 8 oz. Add 1 cup dark corn syrup and 2 tsp mace. When partially glazed, sprinkle top with chopped almonds and continue cooking until almonds are toasted.
- **Glazed Sweet Potatoes with Orange Slices.** Add ¼ cup grated orange peel to syrup. Cut 5 oranges into thin slices; add to sweet potatoes when syrup is added.
- **Mashed Sweet Potatoes.** Cook and mash sweet potatoes or yams (p. 631), following procedure on p. 658. Add 1½ oz salt; ⅓ tsp nutmeg; 1 oz margarine, melted; and 1¼ qt hot milk.
- **Sweet Potatoes and Apples.** Reduce sweet potatoes to 9 lb, cooked, peeled, and sliced. Peel and slice 5 lb tart apples. Place alternate layers of sweet potatoes and apples in baking pans. Pour hot syrup (see recipe for Glazed Sweet Potatoes) over potatoes and apples. Bake at 350°F for 45 minutes.

SWEET POTATO SOUFFLÉ

Yield: 50 portions or 1 pan 12 × 20 × 2 inches *Portion:* 4 oz
Oven: 375°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Frozen sweet potatoes	8 lb	Steam potatoes for 25 minutes. Place in mixer bowl and whip on low, medium, and high speeds for 1 minute each, or until smooth.
Margarine, melted Sugar, brown Cinnamon, ground Mace, ground Ginger, ground Cloves, ground Milk Eggs	12 oz 1 lb 8 oz 1 Tbsp 1 Tbsp 1 tsp ¼ tsp 1 cup 9 (1 lb)	Add to sweet potatoes. Mix until thoroughly blended. Begin on low speed and progress to high speed for a total of approximately 5 minutes or until mixture is fluffy.
Miniature marshmallows	6 oz	Fold marshmallows into potato mixture. Scale into greased 12 × 20 × 2-inch pan. Bake at 375°F for 30 minutes or until hot.
Miniature marshmallows	4 oz	Sprinkle marshmallows over sweet potatoes. Return to oven long enough for marshmallows to puff and brown slightly.

Approximate nutritive values per portion **Calories** 212

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**10%**	**Cholest.** 39 mg	**13%**	**Total Carb.** 36 g	**12%**	**Vitamin A**	**127%**	**Calcium**	**4%**
Sat. Fat 2 g	**8%**	**Sodium** 95 mg	**4%**	Fiber 2 g	**9%**	**Vitamin C**	**20%**	**Iron**	**5%**
Protein 3 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Fresh boiled or steamed sweet potatoes may be substituted for frozen sweet potatoes.

SEASONED FRESH SPINACH AND OTHER GREENS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Spinach or other greens, fresh	12 lb (AP) (10 lb EP)	Sort and trim greens. Remove veins, coarse stems, and roots. Wash leaves thoroughly, lifting out of water after each washing. Steam or boil (p. 631).
Margarine, melted	4 oz	Pour margarine over greens and sprinkle with salt. If boiling the greens, add salt to the cooking water.
Salt	1 oz (1½ Tbsp)	

Approximate nutritive values per portion **Calories** 36

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**3%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 3 g	**1%**	**Vitamin A**	**61%**	**Calcium**	**9%**
Sat. Fat 1 g	**2%**	**Sodium** 285 mg	**12%**	Fiber 2 g	**9%**	**Vitamin C**	**42%**	**Iron**	**13%**
Protein 3 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Beet greens, chard, collards, kale, mustard greens, or turnip greens may be used. For kale, strip leaves from coarse stems.
- For frozen spinach, use 10 lb. See p. 631 for cooking.
- Greens may be garnished with 12 hard-cooked eggs, chopped, and 1 lb 8 oz crisp-cooked bacon, crumbled.
- Seasonings for spinach: basil, garlic, mace, marjoram, nutmeg, oregano, mushrooms, bacon, cheese, hard-cooked eggs, vinegar.

Variations

- **Creamed Spinach.** Cook spinach. Drain. Chop coarsely. Add 2 qt White Sauce (p. 561). Season with salt, pepper, and nutmeg.
- **Wilted Spinach or Lettuce.** To 10 lb chopped raw spinach or lettuce, or a combination of the two, add 2 qt Hot Bacon Sauce (p. 582) just before serving.

SPINACH SOUFFLÉ

Yield: 48 portions or 2 pans 12 × 20 × 2 inches *Portion:* 4 oz
Oven: 350°F *Bake:* 40 minutes

Ingredient	*Amount*	*Procedure*
Margarine	1 lb 4 oz	Melt margarine. Add flour and salt.
Flour, all-purpose	8 oz	Stir until smooth and cook 5 minutes.
Salt	2½ Tbsp	
Milk	1¼ qt	Add milk and sour cream. Blend over low heat until smooth, stirring constantly.
Sour cream	1¼ qt	Remove from heat.
Spinach, chopped frozen	6 lb	Thaw spinach. Drain.
Onion, finely chopped	8 oz	Add spinach, onion, nutmeg, and egg yolks to sauce. Mix.
Nutmeg	1½ Tbsp	
Egg yolks, beaten	18 (12 oz)	
Egg whites	18 (1 lb 5 oz)	Beat egg whites until stiff. Fold into spinach mixture.
		Lightly grease two 12 × 20 × 2-inch counter pans on the bottom only. Scale 7 lb 8 oz of the mixture into each pan. Set in pans of hot water. Bake at 350°F for 40 minutes or until soufflé is set. Cut 4 × 6.

Approximate nutritive values per portion **Calories** 219

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 18 g	**27%**	**Cholest.** 105 mg	**35%**	**Total Carb.** 10 g	**3%**	**Vitamin A**	**68%**	**Calcium**	**15%**
Sat. Fat 6 g	**31%**	**Sodium** 542 mg	**23%**	Fiber 2 g	**6%**	**Vitamin C**	**12%**	**Iron**	**7%**
Protein 7 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1 oz (½ cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

BAKED ACORN SQUASH

Yield: 50 portions *Portion:* ½ squash
Oven: 350°F *Bake:* 30–40 minutes

Ingredient	*Amount*	*Procedure*
Acorn squash	25	Wash squash and cut in half lengthwise. Scrape out seeds. Place cut side down in shallow pans with a small amount of water. Bake at 350°F for 20–25 minutes, or until just tender. (Squash may be steamed for 20 minutes).
Margarine, melted	8 oz	Place squash hollow side up.
Salt	1 oz (1½ Tbsp)	Sprinkle cavities with margarine, salt, and brown sugar.
Sugar, brown	12 oz	Bake until sugar is melted, about 10–15 minutes.

Approximate nutritive values per portion **Calories** 115

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	**6%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 21 g	**7%**	**Vitamin A**	**5%**	**Calcium**	**5%**
Sat. Fat 1 g	**2%**	**Sodium** 242 mg	**10%**	Fiber 2 g	**9%**	**Vitamin C**	**18%**	**Iron**	**6%**
Protein 1 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Acorn Squash with Sausage.** Place 4-oz sausage patty or 2 link sausages, partially cooked, in each cooked squash half. Continue baking until meat is done.
- **Stuffed Acorn Squash.** Fill cooked squash with No. 12 dipper of the following mixture: 5 qt cooked rice, 4 lb chopped cooked meat, and 4 oz minced onion, sautéed in margarine and moistened with meat stock.

SPAGHETTI SQUASH

Yield: 50 portions *Portion:* 6 oz
Oven: 350°F *Bake:* 45–60 minutes

Ingredient	*Amount*	*Procedure*
Spaghetti squash	15 (approximately 3 lb each)	Wash squash and cut in half lengthwise. Scrape out seeds. Place cut side down in shallow pans with ½ inch water. Bake at 350°F for 45–60 minutes, or until squash is just tender when pricked with a fork. Remove squash from water and cool slightly. With a fork scrape the soft flesh (lengthwise) into pastalike strands. Serve with melted butter or margarine or top with sauce.

Approximate nutritive values per portion **Calories** 91

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 24 g	**8%**	**Vitamin A**	**158%**	**Calcium**	**9%**
Sat. Fat 0 g	**0%**	**Sodium** 9 mg	**1%**	Fiber 4 g	**15%**	**Vitamin C**	**56%**	**Iron**	**7%**
Protein 2 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. •• for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variations

- **Spaghetti Squash with Clam Sauce.** Prepare Clam Sauce (p. 375) and serve over squash.
- **Spaghetti Squash with Vegetable Sauce.** Prepare Vegetable Sauce (p. 387) and serve over squash.

MASHED WINTER SQUASH

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Winter squash	15 lb (AP) (10 lb EP)	Peel squash and cut into pieces. Steam or boil until tender (p. 631).
Milk, hot	1½ qt	Mash squash. Add milk and seasonings. Whip until light.
Margarine, melted	8 oz	May be garnished with toasted slivered almonds.
Salt	2 Tbsp	
Sugar, brown	8 oz	

Approximate nutritive values per portion **Calories** 103

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**8%**	**Cholest.** 4 mg	**1%**	**Total Carb.** 14 g	**5%**	**Vitamin A**	**34%**	**Calcium**	**5%**
Sat. Fat 2 g	**7%**	**Sodium** 316 mg	**13%**	Fiber 3 g	**10%**	**Vitamin C**	**15%**	**Iron**	**2%**
Protein 2 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Acorn, buttercup, butternut, hubbard, turbin or another winter squash variety may be used.
- Seasonings for squash: allspice, basil, cinnamon, cloves, fennel, ginger, marjoram, nutmeg, oregano, rosemary, savory.

Variations

- **Baked Whipped Squash.** Mix cooked squash until smooth. Add 12 oz margarine, melted; 1 lb brown sugar; 1 Tbsp ground cinnamon; 1 tsp ground allspice; ½ tsp ground cloves; and 1 oz (1½ Tbsp) salt. Mix thoroughly. Scale into 12 × 20 × 2-inch pan. Bake in 350°F oven for 1 hour or until heated through. Cover with 12 oz miniature marshmallows and heat until marshmallows have browned slightly.
- **Butternut Squash–Apple Casserole.** Cook 8 lb peeled, cored, and sliced apples, 12 oz margarine or butter, and 12 oz sugar until barely tender. Arrange in baking pans. Cover with mashed butternut squash (use 10 lb). Top with mixture of crushed cornflakes, chopped pecans, melted margarine, and brown sugar. Bake at 350°F for 30–40 minutes.

SEASONED ZUCCHINI OR SUMMER SQUASH

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Zucchini or other summer squash	11–12 lb (AP) (10 lb EP)	Wash squash and remove ends. Do not pare. Cut into slices or spears. Steam or simmer until tender (p. 631).
Margarine, melted	4 oz	Pour margarine over squash and sprinkle with salt and pepper.
Salt	1 Tbsp	
Pepper, white	1 tsp	

Approximate nutritive values per portion **Calories** 29

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**3%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 3 g	**1%**	**Vitamin A**	**3%**	**Calcium**	**1%**
Sat. Fat 1 g	**2%**	**Sodium** 152 mg	**6%**	Fiber 1 g	**3%**	**Vitamin C**	**13%**	**Iron**	**2%**
Protein 1 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 1 tsp garlic or onion salt may be substituted for part of salt.
- ½ cup Parmesan cheese may be sprinkled over zucchini before serving.
- Seasonings for squash: Basil, chives, coriander, dill, garlic, ginger, marjoram, oregano, rosemary, savory, tarragon.

Variations

- **French Fried Zucchini.** See p. 654.
- **Zucchini Casserole.** Steam or parboil 8 lb sliced zucchini until tender-crisp. Drain. Combine one 46-oz can cream of chicken soup, 3 cups sour cream, 1 cup chopped green onions, and 1 oz shredded carrots. Combine with zucchini. Mix 1 lb 12 oz herb-seasoned bread crumbs and 8 oz melted margarine and spread half in a 12 × 20 × 2-inch counter pan. Pour zucchini mixture over crumbs. Top with remaining crumbs. Bake at 350°F for 30–40 minutes or until heated through. Other vegetables such as broccoli, asparagus, cauliflower, or French-cut green beans may be used in this casserole.
- **Zucchini and Summer Squash.** Wash and slice 5 lb zucchini and 5 lb yellow summer squash. Cook until just tender. Season with 8 oz melted margarine, salt and pepper to taste. Add 2 lb cherry tomatoes just before serving.
- **Zucchini and Tomato Casserole.** In 12 × 20 × 2-inch counter pan, layer 7 lb zucchini, 3 lb fresh tomatoes, peeled and chopped, and 1 lb chopped onion. Salt and pepper lightly. Sprinkle 1 lb grated cheddar cheese and 1 lb bacon, cooked and crumbled, over top. Cover with buttered bread crumbs. Bake covered at 400°F for about 1 hour, uncovered for the last 20 minutes.

BAKED TOMATOES

Yield: 50 portions *Portion:* ½ tomato
Oven: 400°F *Bake:* 10–12 minutes

Ingredient	*Amount*	*Procedure*
Tomatoes, fresh (5 oz each)	25	Wash tomatoes. Cut in halves. Sprinkle each tomato with salt and pepper or seasoned salt.
Salt	1 tsp	
Pepper, black	1 tsp	
Margarine, melted	6 oz	Combine margarine, bread crumbs, and onion.
Bread crumbs	2 oz	Place 2 tsp mixture on each tomato half.
Onion, finely chopped	6 oz	Bake at 400°F for 10–12 minutes.

Approximate nutritive values per portion **Calories** 45

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	**5%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 4 g	**1%**	**Vitamin A**	**5%**	**Calcium**	**0%**
Sat. Fat 1 g	**3%**	**Sodium** 90 mg	**4%**	Fiber 1 g	**4%**	**Vitamin C**	**23%**	**Iron**	**2%**
Protein 1 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Seasonings for tomatoes: basil, bay leaf, chili powder, garlic, marjoram, oregano, rosemary, tarragon, thyme.

Variations

- **Mushroom-Stuffed Tomatoes.** Add 2 lb sautéed mushrooms, sliced or chopped, to crumb mixture.
- **Broiled Tomato Slices.** Cut tomatoes in ½-inch slices. Salt, dot with margarine, and broil.
- **Spinach-Stuffed Tomatoes.** Wash medium-size fresh tomatoes. Remove core and part of the tomato pulp. Fill center with 2 oz Spinach Soufflé (p. 671). Sprinkle with buttered crumbs and Parmesan cheese. Bake at 350°F for about 1 hour.

HERB ROASTED TOMATOES

Yield: 50 portions *Portion:* 3 halves
Oven: 350°F

Ingredient	*Amount*	*Procedure*
Plum tomatoes, halved lengthwise (stem and blossom blemish removed)	14 lb	Place tomatoes cut side up in a 12 × 20 × 2-inch pan. Brush with olive oil.
Olive oil	8 oz	
Salt	1 Tbsp	Sprinkle tomatoes lightly with salt and pepper.
Pepper, black	1½ tsp	
Parsley, chopped fresh	8 Tbsp (½ cup)	Mix herbs. Sprinkle half of herb mixture over tomtoes. Save remainder of herb mixture for garnish.
Basil, chopped fresh	8 Tbsp (½ cup)	
Rosemary, finely chopped fresh	4 Tbsp (¼ cup)	
Thyme, chopped fresh	4 Tbsp (¼ cup)	
		Bake tomatoes at 350°F until tender and slightly browned around the edges, 50–60 minutes.
Parmesan cheese, freshly grated (optional)	1 cup	Garnish tomatoes with remaining herbs and parmesan cheese.

Approximate nutritive values per portion **Calories** 77

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5.6 g	9%	**Cholest.** 1.6 mg	1%	**Total Carb.** 6 g	2%	**Vitamin A**	9%	**Calcium**	4%
Sat. Fat 1 g	5%	**Sodium** 189 mg	8%	Fiber 1.5 g	6%	**Vitamin C**	43	**Iron**	4%
Protein 2 g				Sugars 3.5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Other herbs may be substituted for those in the recipe.
- A vegetable marinade may be substituted for the olive oil.
- If substituting dried herbs, reduce amount by two-thirds.

BAKED ITALIAN TOMATOES AND ZUCCHINI

Yield: 50 portions *Portion:* 4 oz
Oven: 325°F

Ingredient	*Amount*	*Procedure*
Plum tomatoes (small size)	3 lb 12 oz (AP)	Submerge tomatoes in boiling water for a few seconds to loosen skins. Peel tomatoes and core. Cut tomatoes in half, from stem to flower end (long way). Save for layering step.
Marinara Sauce (p. 572)	2 qt	Layer ingredients in the following order in each of two 12 × 10 × 2-inch pans: 1. Marinara Sauce, 2 cups 2. Diced zucchini, 12 oz 3. Tomato halves, 12 oz 4. Mozzarella cheese, 1 lb 5. Parmesan cheese, 2 oz Repeat steps 1, 2, and 3. Bake covered for 30–40 minutes or until mixture reaches 165°F.
Zucchini, ½-inch dice	3 lb (EP)	
Mozzarella cheese, shredded	3 lb	
Parmesan cheese, freshly shredded	8 oz	
Parsley, chopped (fresh) (see Notes)	1 oz	Remove from oven and uncover. Top each pan with 8 oz mozzarella cheese and 2 oz Parmesan cheese. Sprinkle ½ oz parsley and ½ oz basil on each pan. Bake uncovered for 10 minutes until cheese is melted and lightly browned.
Basil, chopped (fresh)	1 oz	

Approximate nutritive values per portion **Calories** 128

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**12%**	**Cholest.** 2.5 mg	**8%**	**Total Carb.** 6.3 g	**2%**	**Vitamin A**	**13%**	**Calcium**	**20%**
Sat. Fat 4.5 g	**23%**	**Sodium** 319 mg	**13%**	Fiber 1.4 g	**5%**	**Vitamin C**	**21%**	**Iron**	**4%**
Protein 8 g				Sugars 1.6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Dried basil and dried parsley may be substituted for fresh. Use 2 Tbsp parsley and 1 Tbsp basil.
- Serve as a vegetable or with pasta for a nonmeat entree.
- 1 lb mushrooms (small whole or quartered) may be substituted for 1 lb of the zucchini.

STIR-FRIED VEGETABLES

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Cornstarch Water	2 oz 1 cup	Combine cornstarch and water. Set aside for last step.
Assorted vegetables (see Notes for suggestions)	5 lb 8 oz (EP)	Cut vegetables into uniform-size thin slices, strips, or diagonal slices to ensure quick cooking. Pat dry before frying.
Cooking oil Garlic, minced Ginger root, fresh, sliced	1 cup 2 cloves ½ tsp	Combine oil, garlic, and ginger root in frying pan. Heat to 350°F and cook slightly. Remove ginger root and discard.
Water chestnuts, sliced, drained	8 oz	Add water chestnuts and prepared vegetables to heated oil. Stir with long spatula in a folding motion. Cook until vegetables are tender-crisp.
Chicken Stock (p. 598) Soy sauce	3 cups ½ cup	Combine stock and soy sauce. Mix quickly into vegetables. Reduce heat. Pour cornstarch mixture over vegetables. Cook and stir just until sauce thickens and vegetables are glazed.

Approximate nutritive values per portion **Calories** 63

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**7%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 5 g	**2%**	**Vitamin A**	**3%**	**Calcium**	**2%**
Sat. Fat 1 g	**6%**	**Sodium** 238 mg	**10%**	Fiber 0 g	**0%**	**Vitamin C**	**14%**	**Iron**	**3%**
Protein 2 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Select vegetables for contrast in color, shape, texture, and flavor. At least three vegetables should be selected. Cut vegetables into small enough pieces to cook quickly. Frozen vegetables should be thawed before stir-frying.
- Suggested vegetables: asparagus cut diagonally, broccoli or cauliflower florets, green beans, carrot strips or diagonal slices, celery slices, sliced fresh mushrooms, snow peas, onion rings, pepper strips (red, green, or yellow), zucchini or summer squash slices or sticks.
- Suggested combinations (total of 5 lb 8 oz): 1 lb 8 oz sliced carrots, 1 lb 8 oz broccoli florets, 1 lb 8 oz celery sticks, 8 oz mushroom slices, and 8 oz sliced onion; 1 lb 8 oz asparagus cut diagonally, 1 lb 8 oz zucchini slices, 1 lb 8 oz cauliflower florets, 8 oz sliced onions, and 8 oz fresh mushrooms; 1 lb 8 oz sliced celery, 1 lb 8 oz pea pods, 1 lb 8 oz julienne carrots, 8 oz green pepper strips, and 8 oz sliced fresh mushrooms.

RATATOUILLE

Yield: 50 portions *Portion:* 4 oz
Oven: 300°F *Heat:* 5 minutes

Ingredient	*Amount*	*Procedure*
Vegetable oil	⅓ cup	Heat oil in tilting frypan.
Onion, cut in wedges	8 oz	Add onion and garlic. Cook until tender-crisp.
Garlic, minced	1 clove	
Eggplant, peeled, 1-inch cubes	2 lb 8 oz	Add eggplant. Sauté 2 minutes.
Zucchini	2 lb	Add squash and peppers. Sauté 5 minutes or until vegetables are still crisp and brightly colored.
Green peppers, fresh, 1½-inch strips	2 lb	
Tomatoes, canned, diced	6 lb	Add to vegetable mixture. Simmer for 5 minutes. Scale into two 12 × 10 × 2-inch pans, 6 lb per pan.
Salt	2½ tsp	
Pepper, black	1½ tsp	
Basil, dried, crumbled	1 tsp	
Oregano, dried, crumbled	1 tsp	
Monterey Jack cheese, shredded	1 lb	Sprinkle 8 oz cheese over each pan. Heat in 300°F oven for 5 minutes to melt the cheese. Do not cover. Serve with a spoon.

Approximate nutritive values per portion **Calories** 73

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	**7%**	**Cholest.** 8 mg	**3%**	**Total Carb.** 6 g	**2%**	**Vitamin A**	**7%**	**Calcium**	**8%**
Sat. Fat 2 g	**11%**	**Sodium** 246 mg	**10%**	Fiber 1 g	**3%**	**Vitamin C**	**43%**	**Iron**	**3%**
Protein 3 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Sliced Japanese eggplant may be substituted for all or part of the cubed eggplant.
- Yellow summer squash may be substituted for some or all of the zucchini.

SUMMER RATATOUILLE

Yield: 50 portions *Portion:* 4 oz
Oven: 350°F

Ingredient	*Amount*	*Procedure*
Eggplant, 1-inch cubes (unpeeled)	2 lb 12 oz (EP)	Put eggplant in colander. Sprinkle with salt and let set for 30 minutes.
Salt	1 oz	Rinse eggplant and drain thoroughly. Use eggplant in following step.
Olive oil	4 oz	Heat oil in large frypan or steam-jacketed kettle.
Onions, ¼-inch slice	1 lb 6 oz (EP)	Sauté onions, garlic, and eggplant until tender, 10–12 minutes.
Garlic, minced	2½ oz (EP)	
Zucchini squash, ½-inch slice	1 lb 12 oz (EP)	Add squash to onion-garlic-eggplant mixture. Sauté squash and peppers until heated through and most of the liquid is absorbed.
Yellow summer squash, ½-inch slice	1 lb (EP)	
Red bell peppers, cut in 1-inch square pieces	8 oz (EP)	
Green bell peppers, cut in 1½-inch strips	8 oz (EP)	
Tomatoes, fresh, quartered	1 lb 8 oz (EP)	Add tomatoes and spices. Stir to combine. Pan in 12 × 10 × 2-inch pans. Bake uncovered 20 minutes
Salt	1 Tbsp	
Pepper, black	½ tsp	
Red pepper, crushed	¼ tsp	
Basil, fresh, coarsely chopped	1 oz	
Oregano leaves, dried	1 tsp	

Approximate nutritive values per portion **Calories** 44

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2.4 g	4%	**Cholest.** 0 mg	0%	**Total Carb.** 5 g	2%	**Vitamin A**	4%	**Calcium**	1%
Sat. Fat 0.3 g	2%	**Sodium** 367 mg	15%	Fiber 1.6 g	6%	**Vitamin C**	28%	**Iron**	2%
Protein 1 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

VEGETABLE TIMBALE

Yield: 40 portions or 1 pan 12 × 20 × 2 inches *Portion:* 3 oz
Oven: 300°F *Bake:* 2 hours

Ingredient	*Amount*	*Procedure*
Eggs	16 (1 lb 9 oz)	Beat eggs.
Salt Margarine, melted Milk	2 Tbsp 5 oz 1½ qt	Add salt, margarine, and milk.
Spinach, chopped, frozen	3 lb	Cook spinach (p. 631). Drain well. Add to egg mixture. Mix until well blended.
		Pour into greased 12 × 20 × 2-inch pan. Set into another pan with 3 cups hot water in it. Bake at 300°F for 2 hours. Test with a silver knife as for custard. Cut 5 × 8. Serve with 1 oz Cheese Sauce (p. 561).

Approximate nutritive values per portion **Calories** 84

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**9%**	**Cholest.** 80 mg	**27%**	**Total Carb.** 4 g	**1%**	**Vitamin A**	**32%**	**Calcium**	**10%**
Sat. Fat 2 g	**9%**	**Sodium** 423 mg	**18%**	Fiber 1 g	**3%**	**Vitamin C**	**7%**	**Iron**	**4%**
Protein 5 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Spinach, broccoli, brussels sprouts, asparagus, or any combination of these vegetables may be used.

Variation

- **Chicken Timbale.** Use 32 eggs (3 lb 8 oz), 1 oz salt, 1 lb margarine, melted, 1 tsp white pepper, 12 oz bread crumbs, and 6 lb chopped cooked chicken. Mix melted margarine, bread crumbs, and milk. Cook for 5 minutes. Add beaten eggs, seasonings, and chicken. Bake as for Vegetable Timbale. Cut 6 × 8. Serve with Béchamel Sauce (p. 562).

GRILLED OR ROASTED MARINATED VEGETABLES

Yield: 50 portions *Portion:* 3 oz
Oven: 400°F

Ingredient	*Amount*	*Procedure*
Vegetables (see suggestions listed below)	12 lb (EP)	Prepare vegetables per instructions (below).
Marinade: Vegetable Marinade (p. 594) Balsamic Vinegar Marinade (p. 595) Vinaigrette Marinade (p. 596) Herb and Garlic Marinade (p. 596)	3 qt	Marinate vegetables 10–15 minutes. Drain marinade from vegetables before grilling or roasting. **Save marinade.** Baste vegetables once or twice with marinade while grilling or roasting. Reserved marinade may be heated to 165°F and drizzled on vegetables when served. (See grilling and oven roasting instructions below.)

Grilling Instructions

1. Clean grill grids thoroughly. Clean as often as necessary to keep vegetables from sticking.
2. Preheat grill grids until very hot. Place drained vegetables on grill. Turn often. Brush marinade on vegetables after each turn.
3. Grill vegetables until desired doneness. Serve warm or at room temperature.

Oven Roasting Instructions

1. Preheat oven to 400°F. Oven must be hot enough to caramelize the vegetables but not so hot as to dry them out.
2. Place vegetables on a lightly greased sheet pan in a single layer. Do not overcrowd or they will steam rather than roast. For large quantities of vegetables, roast separately and combine prior to service. For smaller quantities, put the slower cooking, hard vegetables to the outside of the roasting pan (vegetables will cook faster on the outside of the pan).
3. Turn vegetables often during roasting. If cooking different kind of vegetables on the same pan, remove the vegetables as they become tender. Brush marinade on vegetables after each turn.
4. Roast vegetables until desired doneness. Serve warm or at room temperature.

Vegetables Suitable for Grilling or Roasting

Asparagus	Blanch thick stalks until barely tender, leave whole.
Green Beans	Blanch until barely tender, leave whole.
Beets	Cut in quarters or in half (peeled or unpeeled). To reduce cooling time, blanch first until slightly tender. Peel blanched beets before roasting. Cooking time: 18–20 minutes.
Broccoli	Blanch until barely tender. May split stalks into halves.
Carrots	Slice into ¼ to ½-inch slices, 1 to 2-inch sections, or split in half lengthwise. Blanch until slightly tender. Cooking time: 18–20 minutes.
Cauliflower	Blanch until barely tender. Cut into large florets.
Celery Root	Cut away thick skin. Cut bulb in half. Cooking time: 18–20 minutes.
Corn	Cut across cob into 2-inch sections.
Eggplant	Slice ½ inch thick, cut round or lengthwise. For Japanese eggplant, slice or split in half lengthwise. To reduce the bitterness of some eggplant, salt lightly and allow to stand for 30 minutes. Rinse and pat dry.
Fennel	Quarter. Blanch until slightly tender.
Leeks	Split large leeks in half lengthwise. Blanch until slightly tender.
Mushrooms	Leave whole or cut into thick slices or quarters. May easily overcook, so watch carefully during cooking. Grill or roast portabella mushrooms whole for sandwiches (remove the stem and use for vegetable stock).

Onions	Blanch until slightly tender. Leave whole or cut in half.
Parsnips	Slice into ¼ to ½-inch-thick slices, 1 to 2-inch sections, or split in half lengthwise. Blanch until slightly tender. Cooking time: 20–25 minutes.
Peppers, Bell	Quarter and remove seeds, ribs, and stem.
Potatoes	Slice large potatoes ½ inch thick. Small potatoes can be left whole or cut in wedges. Blanch until slightly tender, 5–7 minutes. Cooking time: 18–20 minutes.
Rutabagas	Quarter or slice into ½-inch-thick slices or wedges. Blanch until slightly tender. Cooking time: 18–20 minutes.
Squash	*Summer*—Slice small squash lengthwise in half. Larger squash may be cut into 1-inch-thick slices. *Hard Winter*—Slice into ½-inch wedges. Blanch until slightly tender.
Tomatoes	Cut in half or leave whole. Sear quickly on the grill or broiler.
Turnips	Quarter or slice into ½-inch-thick slices or wedges. Blanch until slightly tender. Cooking time: 18–20 minutes.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Vegetables may be roasted without first marinating. Follow the ratio: 1 lb vegetable, 1–2 oz olive oil, ½–1 tsp kosher salt, 1 Tbsp fresh finely chopped herbs (oregano, rosemary, sage, thyme). Combine vegetables, salt, and herbs in a bowl. Toss to coat. Follow roasting instructions.

Variations

- **Garlic and Fennel Seed Roasted Vegetables.** Do not use a marinade. Mix and set aside 3 Tbsp olive oil with 2 Tbsp crushed fresh garlic and 2 Tbsp toasted fennel seeds (see p. 592 for toasting spices). Toss vegetables in ½ cup olive oil, 1 oz salt, and 1 tsp black pepper. Roast vegetables according to instructions. When vegetables are *al dente,* remove from oven and toss with oil, garlic, and fennel seed mixture. Roast 10 minutes longer. Remove from oven and toss with 1 oz chopped fresh parsley and ¼ cup balsamic vinegar.
- **Mashed Potatoes and Roasted Vegetables.** Serve 5 oz Mashed Potatoes or Buttermilk Smashed Potatoes (p. •••) surrounded by 3–6 oz of roasted vegetables (not potatoes, unless sweet potatoes). Serve garnished with chopped fresh parsley. Drizzle Mashed Potatoes with olive or nut oil if desired. Serve for a nonmeat entree.
- **Sesame Roasted Vegetables.** Do not use a marinade. Mix and set aside 2 Tbsp sesame oil, 2 Tbsp crushed fresh garlic, 2 Tbsp crushed fresh ginger, and ⅓ cup soy sauce. Toss vegetables in ⅓ cup sesame oil, 1 oz salt, and 1 tsp black pepper. Roast vegetables according to instructions. When vegetables are *al dente,* remove from oven and toss with oil, garlic, ginger, and soy sauce mixture. Roast 10 minutes longer. Remove from oven and toss with 2 Tbsp toasted sesame seeds and ¼ cup rice vinegar (see p. 592 for toasting seeds).
- **Sherry Roasted Root Vegetables.** Select root vegetables from above list. Follow the ratio: 1 lb vegetable, 2 oz olive oil, 3 oz dry sherry, 1 tsp kosher salt, and 1 Tbsp fresh finely chopped thyme. Combine vegetables, salt, and thyme in a bowl. Toss to coat. Follow roasting instructions.

PART III

Planning the Menu and Special Events

Chapter 16	*Menu Planning*	687
Chapter 17	*Planning Special Meals and Receptions*	703

CHAPTER 16

Menu Planning

Food eaten outside the home has become an integral part of the American lifestyle. Patrons expect to have food choices that are creative, exciting, and nutritious. Menu writers are challenged to plan innovative menus that support the goals of the organization and that cater to customer preferences.

A well-planned menu is the cornerstone of a successful foodservice and the focal point from which many activities start. An understanding of menu types, factors affecting menu planning, and planning procedures is important before menu writing can begin.

TYPES OF MENUS

The menu is an outline of food items to be included in each meal or, in a broader sense, a total list of food items offered by a foodservice. Types of menus used in foodservices may be classified as static or set, cycle, or single use. Menus may be further categorized according to the degree of choice as selective or nonselective, and by the method of pricing.

Static or *set menus* include the same menu items every day, but with a variety of choices, the exact number depending on the type of foodservice. Most commercial foodservices use this type of menu, and an increasing number of hospitals have adopted the static or restaurant type menu.

Single-use menus are planned for a specific day or event and are not usually repeated in exactly the same form. This type of menu is often used for holidays, special functions, or catering events.

A *cycle menu* is a carefully planned series of menus that offer different items from day to day for one week, two weeks, or other time period, after which the menus are repeated. The length of the cycle depends on the type of foodservice. A short cycle is appropriate for foodservices having a frequent clientele turnover, such as hospitals. If a short cycle is used for patient meals, a longer cycle is necessary for the employees' and visitors' foodservice. In extended care facilities the cycle usually is four to six weeks. Using a cycle with numbers of days not divisible by seven ensures that the same menu is not served on the same day of the week. Restaurants may prefer to use monthly or seasonal cycles or may use the same menu throughout the year. Many foodservices recognize seasonal changes by having spring, summer, autumn, and winter cycles.

Cycle menus save time for the planner and are effective tools for food and labor cost control, forecasting, and purchasing. Repetition of the same or nearly the same menu helps standardize preparation procedures and gives the employees an opportunity to become more efficient through repeated use of familiar recipes. Menus can become monotonous and repetitious if not carefully planned, however. Regardless of the cycle length, menus should be constantly reviewed and updated. Each day's menus should be analyzed shortly after service, and any production problems or adverse reactions by the clientele should be noted and

TABLE 16.1 Types of menu patterns

Nonselective menu pattern		
Breakfast	***Lunch***	***Dinner***
Fruit	Soup (optional)	Soup (optional)
Cereal	Entree	Entree
Protein item	Salad and/or vegetable	Two vegetables (one may be potato or starch food)
Bread, butter or margarine	Bread, butter or margarine	Salad
Beverage	Fruit or other light dessert	Bread, butter or margarine
	Beverage	Dessert
		Beverage

Selective menu pattern[a]	
Breakfast	***Lunch and dinner***
Fruits: 2 or more juices, fresh fruit in season	Soups: 1 cream, 1 broth
Cereals: cooked, choice of cold cereals	Entrees: at least 2 meats, 1 meatless, 1 meat extender, poultry or fish, and a cold plate
Entrees: eggs, bacon, ham, or sausage, potatoes, breakfast casserole	Sandwiches: 1 hot, 1 or more cold
Breads: toast, white and whole grain; one or more hot breads	Rice or pasta: in addition to or as alternative to potatoes
Beverages: coffee, decaffeinated coffee, tea, milk (whole and lowfat)	Vegetables: 3 or 4, including potatoes in some form
	Salads: 4 to 10, including entree, tossed green, vegetable, gelatin, fruit, cottage cheese, relishes
	Breads: 2 to 3, including white and whole grain, 1 hot bread
	Desserts: 4 to 8, including 2-crust pie, soft pie, cake and or cookies, pudding, yogurt, ice cream or sherbet, fruit
	Beverages: coffee, decaffeinated coffee, tea, milk (whole and low fat), fruit juice or fruit flavored drinks

[a]Menu variety may be increased or decreased to fit the demands of the foodservice.

corrected before the next cycle. The menu planner must allow flexibility for changes resulting from holidays, special occasions, leftover food, and inability to obtain specific food items for production.

Selective menus offer two or more items within each category. Foods from which the individual patron may choose a well-balanced meal should be included. Most commercial and noncommercial foodservices use this type of menu extensively. Table 16.1 gives a suggested pattern for a selective menu, using the same format for lunch and dinner.

Nonselective menus have a single item in each menu category. To ensure nutritional adequacy, foods from each of the basic food groups should be included. Table 16.1 gives a general pattern for a nonselective menu. A nonselective menu may be modified to include a limited selection; for example, two entrees may be offered or a choice of two vegetables may be given. A soup and salad may be offered as an alternative to an entree and vegetable for those who wish a lighter meal.

Menus may also be classified by method of pricing. *À la carte menus* price food items separately; the customer chooses menu items individually. *Table d'hôte menus* include the complete meal at a fixed price, and *du jour menus* are planned, written, and priced daily.

FACTORS AFFECTING MENU PLANNING

The production and service of food begins with the menu, which determines the foods to be purchased, the personnel needed and their work schedules, and the equipment necessary for production and service of the food. The menu is closely tied to financial management and marketing and, in a new foodservice, influences the design of the kitchen and selection of equipment. The menu, however, must be one that meets clientele expectations and that can be produced within facility constraints and demands. A number of factors must be considered when planning a menu.

Clientele

The menu planner must consider the makeup of the group to be served—age, gender, nutritional needs, food habits, and individual preferences. This is especially important if the foodservice offers a limited choice of food, as in some extended care facilities, child care centers, and retirement complexes. Menus for this type of foodservice are planned to meet the needs of

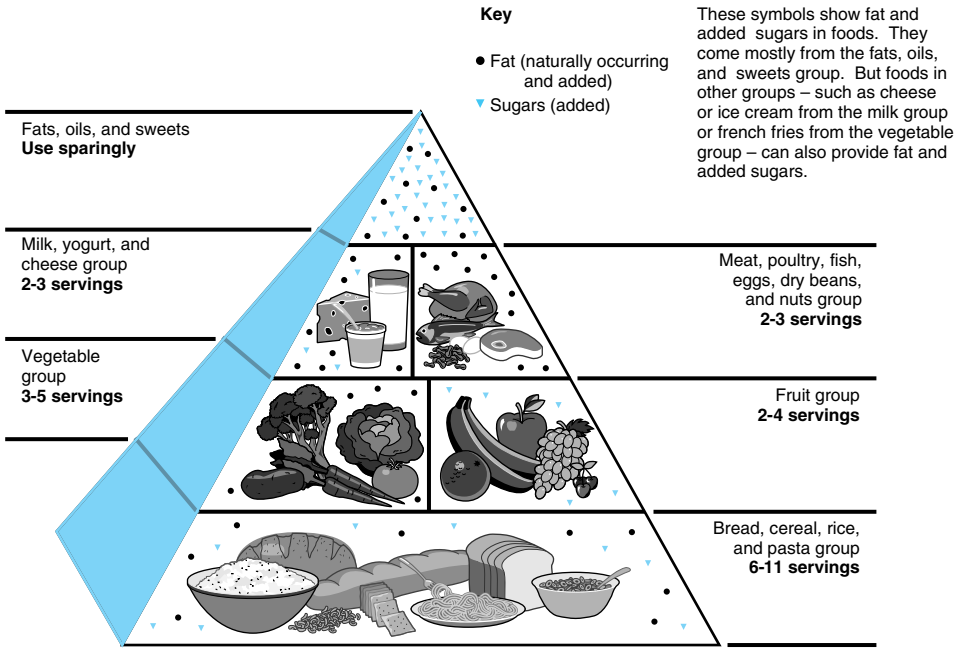

Key
Fat (naturally occurring and added)
Sugars (added)
These symbols show fat and added sugars in foods. They come mostly from the fats, oils, and sweets group. But foods in other groups – such as cheese or ice cream from the milk group or french fries from the vegetable group – can also provide fat and added sugars.
Fats, oils, and sweets
Use sparingly
Milk, yogurt, and cheese group
2-3 servings
Vegetable group
3-5 servings
Meat, poultry, fish, eggs, dry beans, and nuts group
2-3 servings
Fruit group
2-4 servings
Bread, cereal, rice, and pasta group
6-11 servings
Looking at the Pieces of the Pyramid
The Food Guide Pyramid emphasizes foods from the five major food groups shown in the three lower sections of the Pyramid. Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group cannot replace those in another. No one of these major food groups is more important than another – for good health, you need them all.

FIGURE 16.1 Food Pyramid. U.S. Department of Agriculture and U.S. Department of Health and Human Services.

the majority of patrons, with enough flexibility to satisfy everyone. Planning menus for foodservices with a static population requires strict attention to the complete nutritional needs of the group. Such menus also must offer enough variety to minimize monotony.

The emphasis today is on good nutrition and healthful eating styles, so providing nutritionally adequate food selections that parallel customer expectations is necessary. Menus must reflect foods that allow clientele to follow the Dietary Guidelines for Americans established by U.S. Department of Agriculture and U.S. Department of Health and Human Services:

1. eat a variety of foods;
2. balance the food you eat with physical activity—maintain or improve your weight;
3. choose a diet low in fat, saturated fat, and cholesterol;
4. choose a diet with plenty of grain products, vegetables, and fruits;
5. choose a diet moderate in sugars;
6. choose a diet moderate in salt and sodium;
7. if you drink alcoholic beverages, do so in moderation.

The food pyramid (Figure 16.1) has been distributed widely and is used frequently by clientele.

Clients are increasingly more knowledgeable about new and different foods and desire greater variety and an opportunity to select foods representing new culinary styles. Ethnic, meatless, and regional foods also are popular, and menus should incorporate choices from these categories.

Planning acceptable menus requires the menu planner to be aware of food preferences and periodically evaluate acceptance of foods and food combinations. Plate waste analysis, customer preference surveys, food usage data, meal census information, and informal interactions with clients are a few ways to assess menu acceptability.

Popular magazines, recently published cookbooks, and themes for new dining establishments reflect contemporary food interests of consumers and can be used as menu planning tools. Menu choices should include current dining trends; often slight adjustments or name modifications to existing recipes will satisfy clientele requirements for contemporary menu items.

Type of Foodservice

Today, the type of foodservice is not as much of a limiting factor for the menu planner, since differences among various kinds of facilities are becoming less evident. For example, most college foodservices offer menu choices similar to commercial restaurants. Hospital menus for general diet patients may be no different than those from any other segment of the foodservice industry. School foodservice menus reflect offerings similar to foods available in the commercial market. Philosophy and specific limitations

of individual foodservices provide direction for the menu writer more than the type of foodservice.

Financial Limitations

The budget plays a critical role in planning menus. The costs of food, labor, and supplies for menu items must be considered in relation to projected income and expenses. In some foodservices, a raw food cost allowance per meal or per day may be determined. Although the daily food cost may fluctuate, the cumulative average for a week or a month must stay within the daily allowance. Offering a high-priced item along with a popular low-cost item will help balance costs. This is especially true with buffets, or when food amounts are not restricted.

In commercial foodservices, the amount of money that can be spent on food is based on projected income from the sale of food. Food and labor costs are used in establishing the selling price, which often must be within a predetermined range, thus making the choice of menu items important. Forecasted need and menu mix in relation to cost must be considered.

Food Availability

While most foods are available year-round, there may be differences in quality and price. Peak seasons for fresh fruits and produce should be known when planning menus. Seasonal price differences occur also for non-produce food products, such as fresh fish and poultry. Locally grown food products, often available at farmers markets, should be considered; they are usually very fresh, good quality, and reasonably priced.

Production Capabilities

Available Equipment

The type, size, and amount of food preparation, holding, and transporting equipment available is an important factor in planning menus that can be produced. Special attention should be given to oven capacity, number of grills or fryers, refrigerator and freezer facilities, number and size of steam-jacketed kettles and steamers, and availability and capacity of mixers. Certain combinations of menu items often must be avoided because of lack of production equipment or serving pans and dishes.

Number and Experience of Employees

The person-hours of labor available and the efficiency and skill of employees are important factors to consider when deciding on the variety and complexity of the menu. Understanding the relationship between menu and personnel will help the planner develop menus that can be prepared with the available staff.

Distribution of Work

Menus should be planned to distribute the work evenly among the different areas of preparation. In determining a day's work load, the menu planner should consider not only one day's menu but also any preparation necessary for meals for the following day. Care should be exercised so menus are not planned that create an excessive work load for employees one day and underutilize them the next. To introduce variety in the menu, a limited number of foods requiring time-consuming processes may be included if combined with other food items that require minimum preparation. Some foods require last-minute cooking to ensure high quality. To avoid confusion and delayed meal service, the menu should be planned to balance items that may be prepared early and those that must be cooked just prior to serving.

MENU PLANNING PROCEDURES

Menu planning follows no absolute rules as long as the menu writer satisfies the needs and demands of the clientele and the policies of the foodservice. It is suggested that menu planning be done without interruptions and that the following materials be available:

1. Menu forms as dictated by type and needs of the foodservice.
2. Standardized recipe file.
3. Current trade periodicals and other foodservice publications.
4. Menu suggestions lists (Appendix A).
5. Previous menus (if available).
6. Summaries of menu evaluation data.

Key Points in Menu Planning

Plan for Variety and Good Nutrition

1. Include a wide variety of foods from day to day to ensure adequate nutrients. Unless you provide a choice, avoid the same form of food on consecutive days; for example, meat loaf on one day and spaghetti and meatballs the next.
2. Include foods that will allow clientele to meet the Dietary Guidelines for Americans as established by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services (see p. 689 for guidelines).

3. Avoid repeating the same food on the same day of the week. For this reason, a short cycle where the days are divisible by seven is undesirable.
4. Vary the method of preparation. For example, serve vegetables raw or cooked, seasoned, stir-fried, marinated, or with a sauce.
5. Introduce new foods regularly and, on a selective menu, pair a new food with a familiar well-liked food.

Plan for Eye Appeal

1. Try to visualize the appearance of the food on the plate.
2. Use at least one or two colorful foods on each menu.
3. Use colorful foods in combination with foods having little color.
4. When serving more than one vegetable, serve one green and one nongreeen vegetable. Avoid serving vegetables that are the same color as the entree.
5. Vary the shapes of food.

Plan for Contrast in Texture and Flavor

1. Offer crisp foods with soft foods.
2. Use strong- and mild-flavored foods together.
3. Balance light and heavy foods; for example, in a nonselective menu pair light desserts with hearty entrees.
4. Avoid repeating foods with similar cooking methods.
5. Avoid using the same herbs and spices in foods served together on the same plate.
6. Avoid serving very strong foods with delicate entrees.

Plan for Consumer Acceptance

1. Include food combinations most acceptable to the clientele.
2. The completed menu should, if possible, have a predominance of familiar and well-accepted menu items, with the introduction of new or less well-liked foods spaced throughout the menu period.
3. In nonselective menus, it is important that the less popular foods be accompanied by some that are well liked by the majority of the clientele.
4. Periodically assess the food preferences of the consumers.

Plan for Financial, Production, and Service Limitations

1. Include food combinations that can be prepared with available personnel and equipment.
2. Select menu items that will keep food costs within the budget allowance.

Steps in Menu Planning

Determine a Time Period

Plan menus for at least a week at a time, preferably longer. If a cycle menu is being planned, decide on the length of the cycle.

Proceed Systematically

Select menu items systematically. Entrees are selected first because they are the central focus of a meal and form the framework of the menu plan. Other foods are then chosen that complement the entree.

Entrees. Select meat and other entrees for the entire cycle or length of time for which menus are being planned. If planning a week's menus only, choose entrees for a month or longer, then complete the menus as needed. In this way, an entree cycle can be developed that would simplify planning each week's menus. Since entrees usually are the most expensive food on the menu, cost can be controlled to a great extent through careful planning at this point. A balance between high- and low-priced items will average out the cost over the week or period covered by the cycle.

On a selective menu, offer at least one meat and a meatless entree, along with poultry and fish to complete the number of entrees required.

Be specific about method of preparation when recording the menu; for example, show pork chops as baked, stuffed, barbecued, breaded, or whatever method of preparation is desired.

Soups and Sandwiches. Plan soups and sandwiches at the same time as entrees if they are to be offered as a main dish in lieu of meat or other entree. On a selective menu, offer a cream soup and a stock soup. In a cafeteria, a variety of sandwiches may be offered, and these may not change from day to day.

Vegetables. Select vegetables that are compatible with the entrees. Potatoes, rice, or pasta may be included as one choice. On a selective menu, pair a popular vegetable with one that is less well liked.

Salads. If only one salad is to be offered, select one that complements or is a contrast in texture to the other menu items. On a selective menu, include a green salad and fruit, vegetable, and gelatin salads to complete the desired number. Certain salad items may be offered daily such as tossed salad, cottage cheese, or cabbage slaw; or a salad bar may be a standard menu feature. See p. 720 for salad bar suggestions.

Breads. Vary the kinds of breads offered or provide a choice of white or whole grain bread and a hot bread.

Desserts. If no choice is offered, plan a light dessert with a hearty meal and a rich dessert when the rest of the meal is not too heavy. On a selective menu, include a two-crust pie, a soft pie, cake, pudding, and gelatin dessert. Ice cream, yogurt, baked custard, and fruit may be offered daily.

Breakfast Items. Certain breakfast foods such as cooked and cold cereal, toast, and fruit juices may be standard. Variety may be introduced through a choice of entrees, hot breads, and fresh fruits.

Beverages. A choice of beverages usually is provided. Coffee, decaffeinated coffee, tea, and milk, including lowfat, usually are offered. Lemonade, soft drinks, fruit punch, and a variety of juices may be included also.

Evaluate the Completed Menu

After the menu has been planned, check carefully to see if it has met the established criteria. Evaluate the menu again after the meals have been served. Make notations of satisfactory menus and difficulties encountered in production and service of the meals. If the cycle is to be repeated, desired alterations should be noted.

The responsibility of the menu planner does not end with the writing of the menu. The task is completed only when the food has been prepared and served and the reaction of the consumer noted.

MENU PLANNING FOR DIFFERENT TYPES OF FOODSERVICE

Elementary and Secondary Schools

National School Lunch Program

The National School Lunch Program (NSLP) is designed to provide nutritious, reasonably priced lunches to children in schools and residential child care centers, to contribute to a better understanding of good nutrition, and to foster good food habits. School foodservice is an integral part of the child's education.

The nutrition goals of the NSLP are designed to provide adequate calories and nutrients for specific age groups of children while reducing fat and saturated fat to recommended levels. The goals are based on the Recommended Dietary Allowances (RDA) (⅓ RDA for lunch, ¼ RDA for breakfast), children's calorie (energy) requirements, and the Dietary Guidelines for Americans (p. 689). USDA nutrient standards for the NSLP set target goals for calories, calcium, iron, protein, and vitamins A and C. Standards also specify that no more than 30 percent of calories come from fat and less than 10 percent of the fat calories come from saturated fat. States are required to establish their own nutrient standards for carbohydrates, cholesterol, fiber, and sodium.

Three menu planning systems that meet federal guidelines are compared in Table 16.2. Enhanced Food-Based Menu Planning requires specific food group components in specific amounts for different established age/grade groups. Nutrient Standard Menu Planning (NSMP) uses computerized nutrient analysis of menus. This planning system uses a simplified menu pattern which requires that lunches include an entree and milk. Other food items may be added to the menu. When averaged over a week, the menus must meet the nutrient standards and calorie requirements for specific age/grade groups. NSMP and Assisted Nutrient Standard Menu Planning (Assisted NSMP) are exactly alike except an outside consultant or other agency performs all functions of menu planning and nutrient analysis.

Not represented in Table 16.2 is the Traditional Food-Based Menu Planning system, used since the National School Lunch Program was established in 1946. Although the Traditional Food-Based Menu Planning system is still an option, it is used infrequently because of the difficulty in complying with the Dietary Guidelines. This system was designed to provide over time, the RDA for key nutrients but without consideration for calorie needs or dietary fat.

To qualify for reimbursement, a school is required to use the framework specified in this table and to meet the minimum nutrition standard requirements, Tables 16.4 and 16.5. Other foods may be added to improve acceptability and to satisfy students' appetites.

An "offer versus serve" provision allows students to choose less than all the food items offered. However, they must select a specified minimum amount of food in order for the lunch to be reimbursed. Schools are required to implement the "offer versus serve" provision for senior high school students. The implementation of this provision in middle, junior high, and elementary schools is left to the discretion of the local school food authorities.

The cycle menu is used to some extent in school foodservices, and many schools are using selective menus in which students may select from two items of comparable nutritional value for part of the menu; for example, a student may have a choice of two vegetables and two fruits. Some schools offer multiple menus in which more than one complete menu that meets federal requirements is offered, such as a chef's salad or soup and sandwich meal. À la carte items are also provided in many schools. The more menu choices provided to students, the better their participation in the school foodservice programs.

TABLE 16.2 Comparison of school foodservice menu planning systems

	Enhanced food-based menu planning	*Assisted nutrient standard menu planning ("Assisted NuMenus")*	*Nutrient standard menu planning ("NuMenus")*
Meals are planned based on . . .	Enhanced Meal Pattern (must meet nutritional standards)	Required nutrient levels averaged over a school week	Required nutrient levels averaged over a school week
Reimbursable lunch requirements under "offer vs. serve"	Offer a minimum of 5 food items: • 1 meat/meat alt. • 2 vegetables/fruits • 1 grain/bread • 1 milk Senior high students must accept 3 food items. Students below senior high must accept 3 or 4 food items at the discretion of the School Food Authority.	• Schools must offer students at least 3 menu items: an entree, fluid milk, and another menu item. • Students must select at least 2 of the 3 menu items; 1 of the 2 must be an entree. • If more than 3 menu items are offered as a meal unit, students may decline no more than 2 menu items of the meal unit (entree must be selected).	• Schools must offer students at least 3 menu items: an entree, fluid milk, and another menu item. • Students must select at least 2 of the 3 menu items; 1 of the 2 must be an entree. • If more than 3 menu items are offered as a meal unit, students may decline no more than 2 menu items of the meal unit (entree must be selected).
Reimbursable breakfast requirements under "offer vs. serve"	Offer a minimum of 4 food items: • 1 milk • 1 vegetable/fruit • 1 of the 3 following combinations: 1 meat/meat alt. AND 1 bread/bread alt. OR 2 meat/meat alt. OR 2 bread/bread alt. Students must accept 3 food items.	• Schools must offer fluid milk as a beverage or on cereal or both. Must offer at least 2 side dishes. • Student may decline a maximum of 1 menu item out of the 3 or more required menu items offered.	• Schools must offer fluid milk as a beverage or on cereal or both. Must offer at least 2 side dishes. • Student may decline a maximum of 1 menu item out of the 3 or more required menu items offered.
Menu items credited toward nutrient standard requirements	Only USDA-approved foods count toward meeting meal pattern.	All menu items count.	All menu items count.
Computer needs	Not required	Not required because nutrient analysis may be done by another school, a consultant, or a school food co-op.	Required—District must have computer hardware and USDA approved nutrient analysis software.
Recordkeeping	• Production records document quantities planned and served. • CN label or product analysis required for pre-prepared items. • Recipes and nutritional analysis of pre-prepared items.	• Production records document quantities planned and served. • Nutrient analysis required at school level.	• Production records document quantities planned and served. • Nutrient analysis required at school level.

continues

TABLE 16.2 ***continued***

	Enhanced food-based menu planning	*Assisted nutrient standard menu planning ("Assisted NuMenus")*	*Nutrient standard menu planning ("NuMenus")*
Age/grade groupings (lunch)	Three grade groups are required: • Preschool • K–6 • 7–12 Four grade groups are optional: • Preschool • K–3 • 4–6 • 7–12 *Brk Required* Preschool • K–12 • 7–12 (optional)	Opt. 1—Grade Groups: • Preschool • K–6 (optional: K–3 and 4–6) • 7–12 Opt. 2—Age Groups: • 3–6 • 7–10 • 11–13 • 14 and older Opt. 3—Create custom groups *Brk Required* • K–12 • 7–12 (optional)	Opt. 1—Grade Groups: • Preschool • K–6 (optional: K–3 and 4–6) • 7–12 Opt. 2—Age Groups: • 3–6 • 7–10 • 11–13 • 14 and older Opt. 3—Create custom groups *Brk Required* • K–12 • 7–12 (optional)
Meeting dietary guidelines	• Schools must meet Dietary Guidelines. Nutrient analysis is optional. • State educaton agency will conduct nutrient analysis to determine if Dietary Guidelines are met.	• Schools must meet Dietary Guidelines and are required to provide nutrient analysis at school level. Schools must document that they have served the recipes and menus used in the nutrient analysis. • State educaton agency will review nutrient analysis to determine if Dietary Guidelines are met.	• Schools must meet Dietary Guidelines and are required to do nutrient analysis at school level. • State educaton agency will review nutrient analysis to determine if Dietary Guidelines are met.
Advantages	Requires minimal training and change for local personnel.	Requires minimal training and change for local personnel. Menus will comply with the DGA.	Local district retains flexibility and control. Menus will comply with the DGA.
Disadvantages	School will not know if it is meeting the DGA until it is reviewed by state education agency. Length of education agency review will increase substantially to allow time to perform nutrient analysis. Due to length of time between reviews, problems could go uncorrected for long periods.	Costs may be incurred to have an outside party perform nutrient analysis. If a food vendor performs nutrient analysis, there may be financial implications. For example, schools might be required to use specified products. Schools will lose some control and flexibility.	Costs will be incurred for hardware and software. Personnel will need to spend time learning the software and setting up the system (i.e., entering local recipe and product data).

Source: Kansas State Department of Education (KSDE) and USDA

Notes:
- DGA - Dietary Guidelines for Americans.
- NSMP - Nutrient Standard Menu Planning, which means planning menus that provide adequate nutrients to meet the Dietary Guidelines for Americans.
- NuMenus —USDA's term for NSMP.
- Assisted NuMenus and Assisted NSMP—refers to nutrient analysis of school menus performed by another school, a consultant, or a school food co-op.
- Other menu planning systems may meet federal guidelines.

Many foods on the Suggested Menu Items listed in Appendix A are suitable for school lunches. Keep in mind the nutrition requirements, cost, labor and equipment restraints, and food preferences of the age group served. Adding options such as salad bars, special day celebrations, or ethnic and international food promotions allows the school foodservice operation to compete with the commercial food industry.

School Breakfast Program

The importance of students eating a nutritious breakfast cannot be overemphasized. Breakfast furnishes fuel for the morning, when students do most of their learning. In 1975, Congress passed an amendment which made the School Breakfast Program (SBP) a permanent part of the Child Nutrition Act. All public and nonprofit private schools may participate in the SBP.

The School Breakfast Pattern for the various age groups is found in Table 16.3 on p. 696. To qualify for reimbursement, a school is required to use this framework and to meet the minimum requirements, but other foods may be added to help improve acceptability and to satisfy students' appetites. Offer versus serve is also available to any school in the SBP, whereby students can refuse some items comprising a school breakfast. School breakfast requires little additional labor from the school foodservice operation.

Child and Adult Care Food Program

The Child and Adult Care Food Program (CACFP) is designed to provide nutritious meals for children 12 years of age and younger. Children need well-balanced meals to meet their daily energy and nutritional requirements. To meet the nutritional needs, specified meal patterns are followed. The required portion sizes for young children differ slightly between CACFP and school nutrition programs. CACFP Meal Pattern requirements can be found in Table 16.6.

In planning food for children, their total daily food requirements should be considered. The combination of meals and snacks will vary according to the age group, their time of arrival at the center, and their length of stay. It is important that the planner consider the nutritional needs of the children, their food preferences, regional food habits, equipment, personnel, and other management functions.

Young children need nutritious foods at frequent intervals, but it is important to schedule the service of food to allow sufficient time between meals and supplements. Young children enjoy food they can handle easily. Finger food, snacks, and bite-size pieces are most popular. Banana slices, berries, dried peaches or pears, fresh fruit wedges, carrot and celery sticks, cheese cubes, and crackers are examples of finger foods.

Those responsible for foodservice in child care centers should provide the opportunity for children to learn about the foods they eat so they can begin to make wise, nutritious choices.

Colleges and Universities

College and university foodservice menus are representative of the marked change in the college foodservice industry over the last decade. The college customer on most campuses has several menu options: board plan cafeterias, snack bars, specialty shops, food courts, convenience stores, vending operations, cash cafeterias, and fine dining restaurants. Commonplace, too, are catering operations that support social, athletic, and university events both on and off campus.

More than one menu type may be appropriate for these varied functions because the menu must support many objectives. For example, a serving area may provide traditional board, cash meals, and carry-out food options from a single location. The success of these complex operations is closely linked to the menu design and the ability of the menu writer to satisfy both facility and customer objectives.

The selective menu pattern in Table 16.1 may be used for designing a traditional cycle menu. With today's campus diner, however, the most successful menus offer extensive variety daily. Menus must be exciting and creative and reflect choices that parallel student preferences. Basing menu decisions on accurate food trend data is necessary.

Consideration for good nutrition is important for all menu writers but offers a special challenge when the customer is generally from a healthy population and often between 18 and 28 years old. Customers of this age are more apt to make choices based on impulse preference than are clientele from a population having health and dietary concerns. The menu, to be successful, must allow for customer satisfaction and at the same time reflect the principles of sound nutrition and quality nutritious food. Customer input is necessary for designing menus that allow this to happen. See p. 689 for the Dietary Guidelines for Americans.

The following section, "Commercial Foodservices," includes additional information appropriate to the college and university market.

Commercial Foodservices

Menu planning for commercial foodservices varies according to the type and size of operation, its goals, and the expected check average. Menus range from the fast-food concept of a limited menu for high volume

TABLE 16.3 Food-based menus meal plans

	Minimum quantities for enhanced food-based menus			
	Required			*Option*
	Ages 1–2	*Preschool*	*Grades K–12*	*Grades 7–12*
BREAKFAST				
Milk (Fluid) (As a beverage, on cereal or both)	½ cup	¾ cup	8 fl oz	8 fl oz
Juice/Fruit/Vegetable Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	¼ cup	½ cup	½ cup	½ cup
Select *one* serving from each of the following components or *two* from one component:				
Grains/Breads[a] One of the following or an equivalent combination:				
Whole grain or enriched bread, whole grain or enriched biscuit/ roll, muffin, etc.	½ serving	½ serving	1 serving	1 serving
Whole grain, enriched or fortified cereal	¼ cup or ⅓ oz	⅓ cup or ½ oz	¾ cup or 1 oz	¾ cup or 1 oz *Plus* an additional serving of one of the grains/breads above
Meat or Meat Alternates				
Meat/poultry or fish	½ oz	½ oz	1 oz	1 oz
Cheese	½ oz	½ oz	1 oz	1 oz
Egg (large)	½	½	½	½
Peanut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
Cooked dry beans and peas	2 Tbsp	2 Tbsp	4 Tbsp	4 Tbsp
Nut and/or seeds (as listed in program guidance)[b]	½ oz	½ oz	1 oz	1 oz
Yogurt (plain or flavored, sweetened or unsweetened)[c]	2 oz or ¼ cup	2 oz or ¼ cup	4 oz or ½ cup	4 oz or ½ cup

[a] Grain/bread requirements are based on the weight of the enriched flour or whole grain in the product.
[b] No more than 1 oz of nuts and/or seeds may be served in any one meal.
[c] Frozen yogurt may not be counted.

continues

TABLE 16.3 ***continued***

	Minimum quantities for enhanced food-based menus				
	Required				*Option*
	Ages 1–2	*Preschool*	*Grades K–6*	*Grades 7–12*	*Grades K–3*
LUNCH					
Milk (as a beverage)	6 fl oz	6 fl oz	8 fl oz	8 fl oz	8 fl oz
Meat or Meat Alternate (quantity of the edible portion as served)					
Lean meat, poultry, or fish	1 oz	1½ oz	2 oz	2 oz	1½ oz
Cheese	1 oz	1½ oz	2 oz	2 oz	1½ oz
Large egg	½	¾	1	1	¾
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup	½ cup	⅜ cup
Peanut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp	3 Tbsp
Yogurt (plain or flavored, unsweetened or sweetened)	4 oz or ½ cup	6 oz or ¾ cup	8 oz or 1 cup	8 oz or 1 cup	6 oz or ¾ cup
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above:					
Peanuts, soynuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish).	½ oz = 50%	¾ oz = 50%	1 oz = 50%	1 oz = 50%	¾ oz = 50%
Vegetables/Fruits (2 or more servings of vegetables or fruits or both)	½ cup	½ cup	¾ cup plus extra ½ cup over a week[d]	1 cup	¾ cup
Grains/Breads Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or ½ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains.[a]	5 servings per week[d] Minimum of ½ per day[e]	8 servings per week[d] Minimum of 1 per day[e]	12 servings per week[d] Minimum of 1 per day[e]	15 servings per week[d] Minimum of 1 per day[e]	10 servings per week[d] Minimum of 1 per day[e]

Source: U.S. Department of Agriculture

[d] For the purposes of this chart, a week equals five days.

[e] Up to one grains/breads serving per day may be a dessert.

TABLE 16.4 Age group nutrient standards for NuMenus and Assisted NuMenus (1)

Nutrients and energy allowances	*Ages 3–6*	*Ages 7–10*	*Ages 11–13*	*Ages 14 and above*
SCHOOL BREAKFAST				
Energy allowances/calories	419	500	588	625
Total fat (as a percent of actual total food energy)	(2)	(2)	(2)	(2)
Saturated fat (as a percent of actual total food energy)	(3)	(3)	(3)	(3)
Protein (g)	5.50	7.00	11.25	12.50
Calcium (mg)	200	200	300	300
Iron (mg)	2.5	2.5	3.4	3.4
Vitamin A (RE)	119	175	225	225
Vitamin C (mg)	11.00	11.25	12.50	14.40
SCHOOL LUNCH				
Energy allowance/calories	558	667	783	846
Total fat (as a percent of actual total food energy)	(2)	(2)	(2)	(2)
Saturated fat (as a percent of actual total food energy)	(3)	(3)	(3)	(3)
Protein (g)	7.3	9.3	15.0	16.7
Calcium (mg)	267	267	400	400
Iron (mg)	2.5	2.5	3.4	3.4
Vitamin A (RE)	158	233	300	300
Vitamin C (mg)	14.6	15.0	16.7	19.2

Source: U.S. Department of Agriculture

(1) School week averages for age groups.

(2) Not to exceed 30 percent over a school week.

(3) Less than 10 percent over a school week. Grams of fat will vary depending on calories offered.

and quick service to the table d'hôte menu of a formal seated-service restaurant.

The basic rules of menu planning apply to commercial foodservices. Type of foodservice must be determined, financial goals decided, production and service capabilities analyzed, and labor needs addressed. Assessing clientele wants is especially important and should be assessed accurately, using proven research procedures.

Commercial customers make choices daily on what and where to eat and the amount of money they will spend. It is often not enough for the menu planner to follow all the rules that make production and service possible without special consideration for the role the menu plays in making the commercial foodservice operation successful. A few guidelines that should be followed in designing the commercial menu are:

- Decide what to serve and what to charge. Market research is necessary to assess accurately what customers will purchase.
- Design the presentation of the menu suitable to the operation. The layout and overall design should be readable and attractive, and should support marketing goals.
- Determine the sequence of food items on the menu. A generally accepted sequence is appetizers or foods eaten first, then soups, entrees, and desserts. Within this order, salads, side orders, and beverages must be placed. Foods listed first within each category are selected most often so consideration should be given to this placement.
- Write the menu names to describe the foods offered accurately and to merchandise the food item and the operation. The importance of the menu to create atmosphere and serve as a marketing and advertising tool cannot be overemphasized.

Hospitals

Although hospital menus may be more complex, the principles of meal planning for health care facilities are the same as those for other types of foodservices. Foods must be provided for many kinds of diets, ranging from liquid, ground, soft, or regular, to bland, low sodium,

TABLE 16.5 Grade group nutrient standards for NuMenus, Assisted NuMenus, and food-based menu planning (1)

Nutrients and energy allowances	*Preschool*	*Grades K–6*	*Grades 7–12*	*Option for Grades K–3*
School Breakfast				
Energy allowances/calories	388	554	618	
Total fat (as a percent of actual total food energy)	(2)	(2)	(2)	
Saturated fat (as a percent of actual total food energy)	(3)	(3)	(3)	
Protein (g)	5	10	12	
Calcium (mg)	200	257	300	
Iron (mg)	2.5	3.0	3.4	
Vitamin A (RE)	113	197	225	
Vitamin C (mg)	11	13	14	
School Lunch				
Energy allowance/calories	517	664	825	633
Total fat (as a percent of actual total food energy)	(2)	(2)	(2)	(2)
Saturated fat (as a percent of actual total food energy)	(3)	(3)	(3)	(3)
Protein (g)	7	10	16	9
Calcium (mg)	267	286	400	267
Iron (mg)	3.3	3.5	4.5	3.3
Vitamin A (RE)	150	224	300	200
Vitamin C (mg)	14	15	18	15

Source: U.S. Department of Agriculture

(1) School week averages for grade groups.

(2) Not to exceed 30 percent over a school week.

(3) Less than 10 percent over a school week. Grams of fat will vary depending on calories offered.

low carbohydrate, or fat restricted, with a wide range in caloric requirements. In addition, a cafeteria generally is available for hospital personnel and visitors.

Like college and university foodservices, hospitals are adopting more characteristics of the commercial foodservice. More emphasis is being placed on developing innovative menus and on offering new and creative food items. Many hospitals use catering and other services as revenue centers.

Cycle menus are widely used in health care facilities. The length of patient stay is an important factor in determining the length of the cycle. In an acute care hospital, where the average length of stay may be three to five days, a short cycle could be used. In an extended care facility a longer cycle would be more satisfactory. If a short cycle is used for patient meals, a longer cycle would be required for the employee cafeteria.

When developing a hospital meal pattern, the first step is to plan a regular or normal diet that will supply all food essentials necessary for good nutrition. This pattern then becomes the foundation for most diets required for therapeutic purposes and is the core of all meal planning in a hospital of any type or size. Patients requiring other than a normal diet will receive various modifications of the regular diet to fit their particular needs.

In planning a normal or regular diet, meals should be planned for each day as a unit. Each day's menu then can be checked to be sure that all essential foods have been included. A suggested three-meal-a-day menu pattern for a normal diet is given in Table 16.1.

The selective menu adds much to the satisfaction of patients and also helps to prevent waste. Choices that appeal to various patients usually can be made available with little extra work, if careful planning is used in pairing items on the menu. The main items on the selective menu are the same as those on the general menu. Some items, such as the choice of meat and vegetables, may be the same as foods prepared for one of the modified diets or for the cafeteria. Other choices may be soup or fruit juice, or fruit or ice cream in place of a prepared dessert. On the dinner menu, choices of light or more hearty foods may do much to promote patient acceptance. Some hospitals

TABLE 16.6 Child and adult care food program U.S. Department of Agriculture food chart

	Age		
	1–2	*3–5*	*6–12 Adults*
BREAKFAST			
Fluid milk	½ cup	¾ cup	1 cup
Juice or fruit or vegetable	¼ cup	½ cup	½ cup
Bread or bread alternate	½ slice[1] (or ½ oz)	½ slice[1] (or ½ oz)	1 slice[1] (or ½ oz)
or cold dry cereal	¼ cup (or ⅓ oz)	⅓ cup (or ½ oz)	¾ cup (or 1 oz)
or cooked cereal	¼ cup	¼ cup	½ cup
SNACK: SELECT TWO OF THE FOLLOWING FOUR COMPONENTS[2]			
Fluid mild	½ cup	½ cup	1 cup
Juice or fruit or vegetable	½ cup	½ cup	¾ cup
Meat or meat alternate	½ oz	½ oz	1 oz
or yogurt	2 oz (or ¼ cup)	2 oz (or ¼ cup)	4 oz (or ½ cup)
Bread, bread alternate, or cereal	½ slice[1]	½ slice[1]	1 slice[1]
LUNCH/SUPPER			
Fluid milk	½ cup	¾ cup	1 cup
Meat or poultry or fish	1 oz	1½ oz	2 oz
or cheese	1 oz	1½ oz	2 oz
or cottage cheese, cheese food, or cheese spread	2 oz (¼ cup)	3 oz (⅜ cup)	4 oz (½ cup)
or egg	1	1	1
or cooked dry beans or peas	¼ cup	⅜ cup	½ cup
or peanut butter, soynuts, tree nuts, or seeds	2 Tbsp	3 Tbsp	4 Tbsp
or an equivalent quantity of any combination of the above meat/meat alternates	½ oz = 50%	¾ oz = 50%	1 oz = 50%
Vegetables and/or fruits (2 or more)	¼ cup total	½ cup total	¾ cup total
Bread or bread alternate	½ slice[1]	½ slice[1]	1 slice[1]

Adapted from material supplied by the Kansas State Board of Education Nutrition Services.

[1] Or an equivalent serving of an acceptable bread alternate such as corn bread, biscuits, rolls, muffins, etc., made of whole grain or enriched meal or flour, or a serving of cooked enriched or whole grain rice or macaroni or other pasta products.

[2] For snack, juice may not be served when milk is served as the only other component.

have adopted a selective menu similar to the table d'hôte menu of the commercial sector. The same menu is offered daily but with a wide enough variety of choices that the patient can select a different meal each day. Patients may order any food item on the menu unless it is restricted on their diets.

Extended Care Facilities and Retirement Communities

For people residing in extended health care facilities and retirement communities, food satisfies basic emotional and physical needs.

Those persons planning meals for older adults should be aware of the problems peculiar to this age group. Their fixed habits and food preferences developed through many years may influence but should not determine entirely the meals planned for them. Healthy adults, regardless of age, need a well-balanced diet and, in planning the day's food, the basic pattern for the normal diet should be followed. Individual problems of the group members, such as difficulty in chewing, special dietary requirements, and their limited mobility and activity, must also be considered.

At least three well-planned meals should be served daily, with a hot food at each meal. The menu pattern is similar to that of the regular hospital diet (p. 688), with adjustments in portions and some modification for residents with individual eating problems. The caloric intake or quantity of food eaten usually is smaller because of lessened activity.

The daily food plan should include the following:

1. At least one food of good-quality protein at each meal—fish, poultry, lean meat, eggs, or cheese.
2. Milk offered at mealtime, with at least two 8 oz glasses a day for each person.
3. Four or more servings of fruits and vegetables, including a green leafy or yellow vegetable and a citrus fruit, such as grapefruit, orange, or some other good source of vitamin C. Although chewing may be difficult for some, raw vegetables or fruits should be included.
4. Four or more servings from the bread/cereal group, which includes bread, breakfast cereals, pasta, rice, and baked goods made with whole grain or enriched flour.

Additional foods containing fat, sweets, and flavoring add to the acceptance of meals. The food pyramid, Figure 16.1, provides additional guidelines for menu planning.

If a nonselective menu is used, some modification will add to the residents' acceptance of the food. Choice may be provided by offering certain menu items daily in addition to a set menu or through a choice of two items in each menu category for the dinner meal. Foodservice in this type of long-term facility offers opportunity for use of the eight-week or longer cycle.

CHAPTER 17

Planning Special Meals and Receptions

For a variety of reasons foodservices are often responsible for planning special meals. The types of functions may include coffees, teas, receptions, brunches, buffets, banquets, and catered events on and off the premises. Regardless of the type of service provided, considerable planning is required to ensure a successful foodservice event.

PLANNING RESPONSIBILITIES

Careful planning is important to the success of any special event. The major responsibilities of the foodservice staff in charge of a special meal or other function are as follows:

- Confer with representatives of the group to be served to determine the type of function or theme, date, time and place, number to be served, service desired, event's agenda, any special dietary needs of guests, budget range, and financial arrangements. Understanding the client expectations is important. For events off-premise, a site visit is recommended to clarify details such as electrical and water sources, guest access and traffic flow, catering access and staff parking, kitchen availability or staging area, and storage for supplies.
- Plan the menu with the client or client's representative. Provide creative ideas that harmonize with those of the client. Plan menus that can be produced with the resources available. If the event is off-premise, food that can be prepared ahead of time and transported easily should be planned. Duplicate copies of the menu plans should be signed and kept by the client and the foodservice director. This procedure confirms the agreement and may prevent a misunderstanding of details and avoid last-minute changes.
- Determine food quantities and estimated cost of food to be served. Criteria to consider when planning food quantities for events include the age of the guests, gender, any pre- and post-event functions, length of the event, and type of service (buffet, sit-down, etc.). A general guideline is to prepare 20 percent more food for events with 20 guests, 15 percent more for 50 guests, 10 percent more for 100 guests. Events with more than 100 guests generally require preparing 5–10 percent more food than the guaranteed number.
- Place food orders. It is important that orders for special or unusual foods be made early enough to ensure delivery.
- Prepare the dish and equipment list and make arrangements for obtaining any additional items needed. A list including the amount and kind of linen, dishes, silverware, glassware, serving utensils, and tables and chairs required should be compiled by the manager and arrangements made for assembling these at least one day before they are to be used. Success of a special event is often evaluated by the creative use of different sizes and shapes of dishes and the methods used to present the food to guests.
- Prepare work schedules. A detailed work schedule includes preparation, cooking, serving, room setup, and cleanup assignments. If workers are inexperienced, the schedule should indicate a time for each task, detailed procedures, and other special instructions. For a seated service luncheon or dinner,

assign personnel to the serving counter from which plates will be filled. Assign and instruct servers for dining room service. See pp. 710–713 for directions for table setting and service.

- Supervise the setup of the room and the preparation and service of food. Complete the setup approximately one hour before guests arrive. Give last-minute attention to plate garnishes and food presentation. See Exhibits VII, VIII, and IX in the color insert for examples of nicely garnished and attractively presented food.
- Supervise the dishwashing and cleanup of preparation and service areas.
- Prepare and keep on file a detailed report, including menu, number of guaranteed guests and actual attendance, quantity of food prepared and leftover amounts, income and expenses, and recommended changes and useful comments for service of similar events in the future. Record any unusual factors that may have affected consumption or attendance, for example, weather, gender of guests, or any unusual circumstances regarding the event.
- Follow up with the client after the event to evaluate the success from the customer's point of view. Record information that can be used for future events.

RECEPTIONS AND TEAS

Receptions and teas may vary in degree of formality and may accommodate a few or many guests. The menu may be simple or elaborate and should be planned according to the type of event; the time of day; the number, age, and gender of guests to be served; and the money and labor available.

One or two beverages usually are offered, coffee and tea or coffee and punch. The menu may be limited to an attractive dessert, with nuts and mints, or it may include several kinds of sandwiches, cookies, or cakes. The following are suggested choices for a reception or tea:

Beverages:

Coffee, tea, hot spiced tea or cider, punch, wine.
See Tables 17.1 and 17.2 on pp. 714 and 716 for wine purchasing and selection guides. See p. 103 for nonalcoholic cocktails suggestions.

Breads:

Open-face sandwiches spread with a variety of fillings and decorated attractively.
Rolled, ribbon, checkerboard, or pinwheel sandwiches.
Nut bread or fruit bread sandwiches with cream cheese or marmalade filling, cut in squares, triangles, round, or oblong shapes.
Cheese wafers or cheese straws.
Miniature cream puffs filled with chicken or fish salad.
Petite biscuits with sliced meat or salad filling.

Dips:

Dips with cheese, cream cheese, yogurt, or sour cream base. Served with crisp raw vegetables, fruits, and/or crackers and chips.

Cakes, cookies, and tarts:

Petits fours or small decorated cupcakes.
Meringue shells with whipped cream and fruit fillings.
Small pecan or fruit tarts.
Small tea cookies that offer a variety of shapes, flavors, and colors.

Nuts and candies:

Salted, toasted, or spiced nuts.
Candied orange or grapefruit peel.
Mints in pastel colors.

Figure 17.1 suggests a table arrangement for a reception or tea, using two lines of service and set up so that a guest may start by placing a beverage cup on a plate, then selecting food items. The silverware and napkin usually are last. Placing the cup on the plate first ensures adequate space for both food and beverage. If only one or two food selections are offered, beverages may be served last. Use Figure 17.1 as a guide, but start with plates and end with the beverage or beverages.

The table covering, centerpiece, tea service, silverware, and serving dishes should be attractive, and the food should be colorful and interestingly arranged. To prevent a crowded appearance, there should be a limited amount of silverware, china, napkins, and food on the table when the serving begins. A small serving table with extra china and silverware near the tea table is a convenience. Replacements of small dishes and appointments are brought on trays from the kitchen. If two beverages are served, they are placed at either end of the table. Cookies, sandwiches, and other foods should be arranged so they do not appear crowded. It is best to use small serving plates and replace them frequently so there is an assortment of food at all times. Arrangements should be made for people to pour the beverages, and employees or hostesses should be assigned to replenish the tea table and to take empty plates from guests.

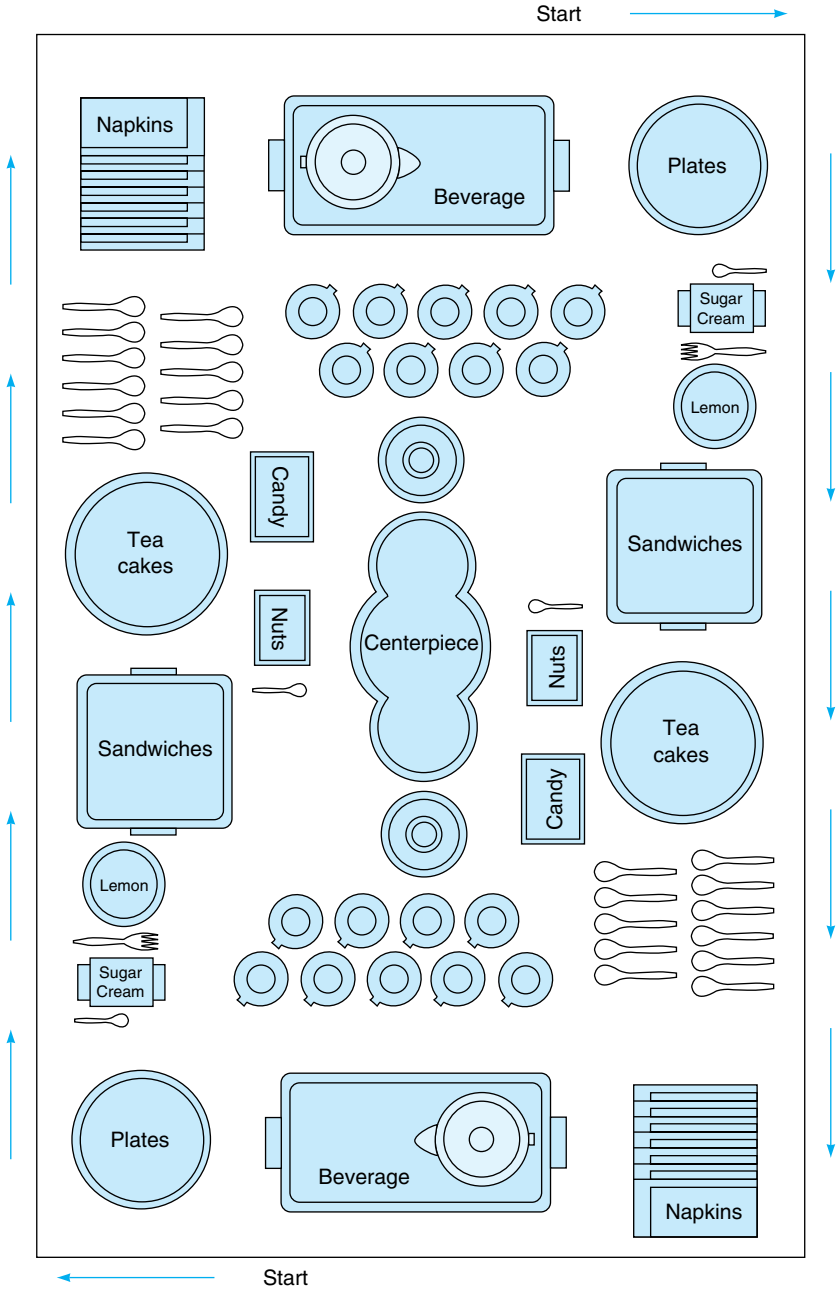


FIGURE 17.1 Table arrangement for a reception or tea.

COFFEES AND BRUNCHES

Coffees and brunches are easy and popular ways to entertain a few or many guests. An ample supply of hot, fresh coffee is necessary, and an alternate choice of tea and/or decaffeinated coffee may be offered. Flavored coffees and teas are popular beverage choices. One or more hot breads are served, and the menu may be expanded to include fresh fruit or juice. A fruit tray, with bite-size pieces of fresh fruit arranged on a silver or other appropriate tray, is an attractive centerpiece and an interesting addition to a coffee hour or brunch.

Brunch, a meal combining breakfast and lunch, usually includes a wider variety of food than does a coffee. The menu may consist of foods normally served at breakfast or may resemble a luncheon menu, depending partly on the hour of service. It may be quite simple, consisting of fruits, hot breads, and coffee; or it

may be a more substantial meal that will replace lunch. The food usually is placed on a buffet table for self-service, but may be served to guests seated at tables. Brunch often starts with fruit juice or sparkling wines served to guests before they go to the buffet table. The main entree may be one or several that are typical of breakfast, such as eggs in some form, bacon, ham, sausage, or a breakfast casserole; or a luncheon-type entree of chicken, turkey, or fish. An assortment of breads usually is offered. A dessert may be served if the meal is scheduled late in the morning, but it should be light. Suggested foods for coffee hours and brunches are as follows:

Fruits and juices:

Orange, pineapple, or tomato juice.
Fresh fruit cup or fresh berries.
Melon wedges, fruit kebobs.
Orange juice, champagne punch.

Fruit trays:

Fresh pineapple chunks, banana wedges, orange sections, fresh strawberries, kiwi fruit, mangos, carambola (star fruit).
Apple slices, honeydew melon wedges, kiwi fruit, and frosted grapes.
Plums or bing cherries, pear slices, cantaloupe wedges, green grapes, and cheese cubes.

Entrees:

Canadian bacon, grilled ham, sausage patties on apple rings.
Small biscuits with ham slice.
Scrambled eggs, egg and sausage casserole, omelets.
Cheese and broccoli strata, quiche, cheese soufflé, crepes, broiled or grilled chicken breast on rice or pasta.

Breads:

Small pecan or orange rolls, scones, kolaches, toasted English muffins or bagels with marmalade and/or cream cheese.
Coffee cake, Danish pastry.
Small doughnuts or doughnut holes, cinnamon puffs.
Small nut or fruit bread sandwiches.

Desserts:

Fresh pineapple and berries, ambrosia, sherbet.
Strawberry-sour cream crepes, fruit and cheese platters.
Cookies or small cakes.

BUFFET DINNERS AND LUNCHEONS

Buffet dinners and luncheons provide a means of serving relatively large groups of people with a minimum of service personnel. The ability to offer a variety of foods makes buffets popular.

The steps to planning a buffet include theme development and menu planning, tables and space arrangement, food presentation, and service. The steps are not independent of each other and so must be considered together.

Menu Planning

The number of selections offered may depend on preparation time, space on the buffet table, and the equipment available for preparation and service. Client or guest expectations also must be considered. At a minimum, food selections on a buffet should be two or three entrees (beef, poultry, and if a third, fish, shellfish, or pork), one nonmeat entree, one or two starches (potato, pasta, rice), one or two vegetables (green and nongreen), two or three salads, relishes, hot bread, dessert, and beverage.

Plan a menu that is easy for guests to serve themselves. For example, avoid foods that are soft and runny on the plate. Foods that require extra silverware, such as bread and butter spreaders and cocktail forks, usually are not served.

Plan hot foods that hold well and serve easily. Rare meat, delicate pasta such as capellini, and French fries do not hold well on a buffet line. Select instead foods that will hold their quality when held hot such as braised meat, large roasts, rigatoni pasta, and baked potatoes.

Choose foods that have different cooking methods, colors, and textures. Avoid serving a creamed vegetable with sauced meat items, strong-flavored vegetables with delicate entrees, or deep-fried potatoes with fried vegetables.

Balancing expensive items with popular less-expensive items will help achieve financial goals. Foods appropriate for buffets may be selected from the Suggested Menu Items in Appendix A. Consider religious customs when planning the menu. See Appendix E for food customs of several religions.

Table and Space Arrangement

Buffet tables and food items may be arranged in several ways. Figures 17.2 and 17.3 illustrate a buffet arrangement with one service line. A double line, as shown in Figures 17.4 and 17.5, will speed service but

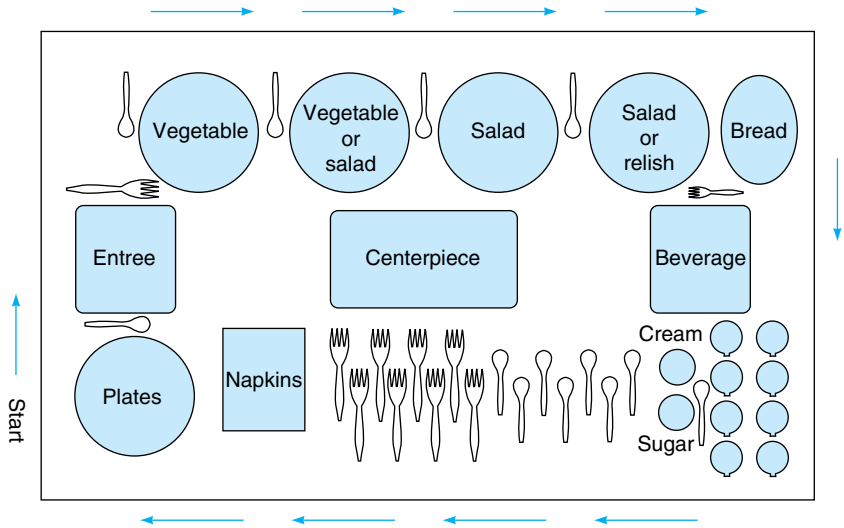


FIGURE 17.2 Table arrangement for buffet service, single line. Beverages may be served at tables. Desserts may be served from a dessert table or to guests at the individual tables. Suitable for serving very small numbers.

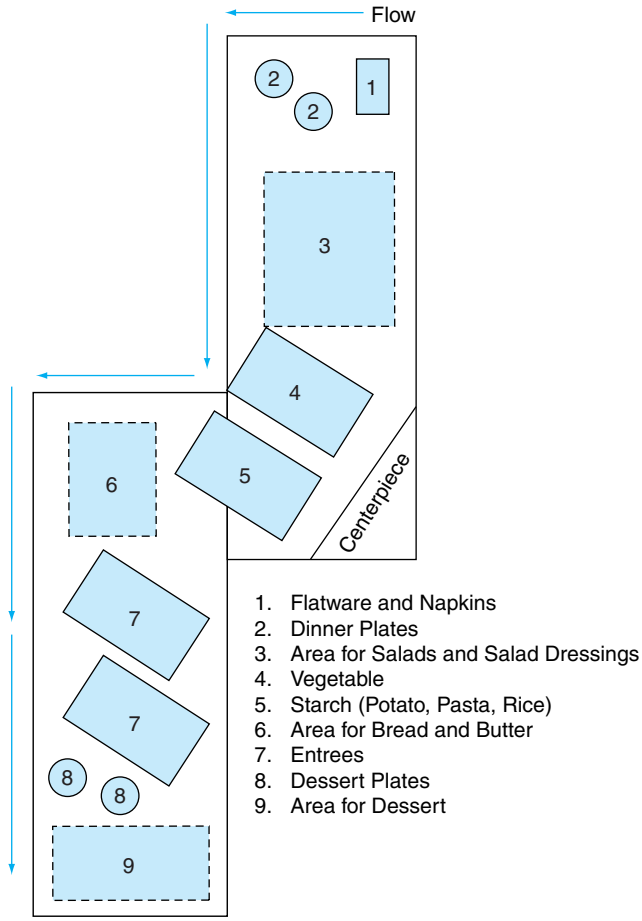


FIGURE 17.3 Table arrangement for buffet service, single serving line using two 8 feet × 30 inch tables. Shorter tables may be used if desserts are served to guests or served from a separate table. This straight-line agrrangement is suitable for serving 50 or less people.

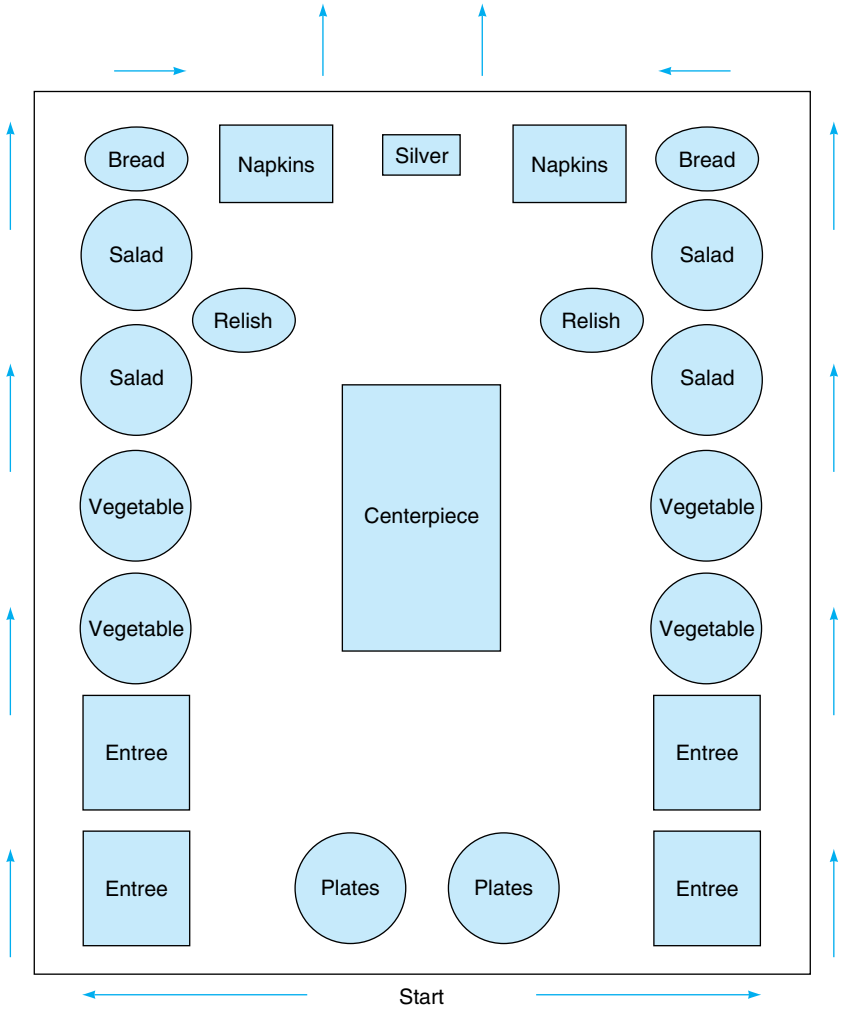


FIGURE 17.4 Table arrangement for buffet service, double line. Beverages may be served at tables. Desserts may be served from a dessert table or to guests at the individual tables. Suitable for serving small numbers.

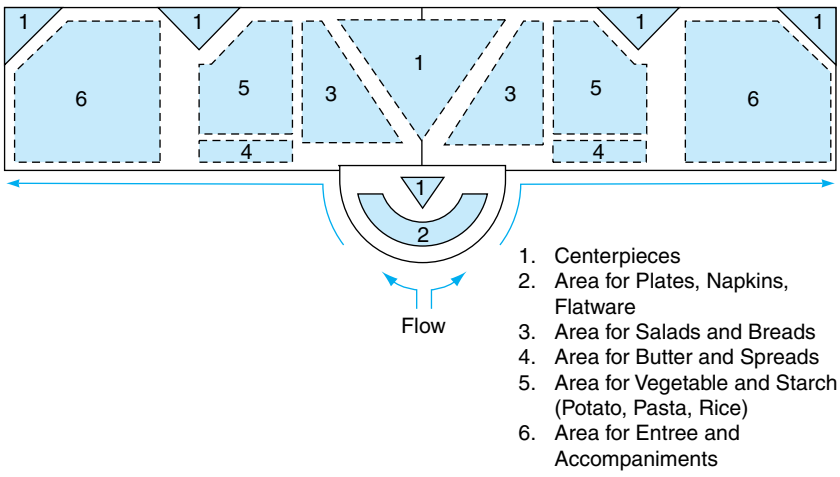


FIGURE 17.5 Table arrangement for buffet service, double serving line using one side of two 8 feet × 30 inch tables and a small 30-inch-radius half-round table. Small tables amy be added to each end if dessert is served. Arrangement is suitable for serving 150 people.

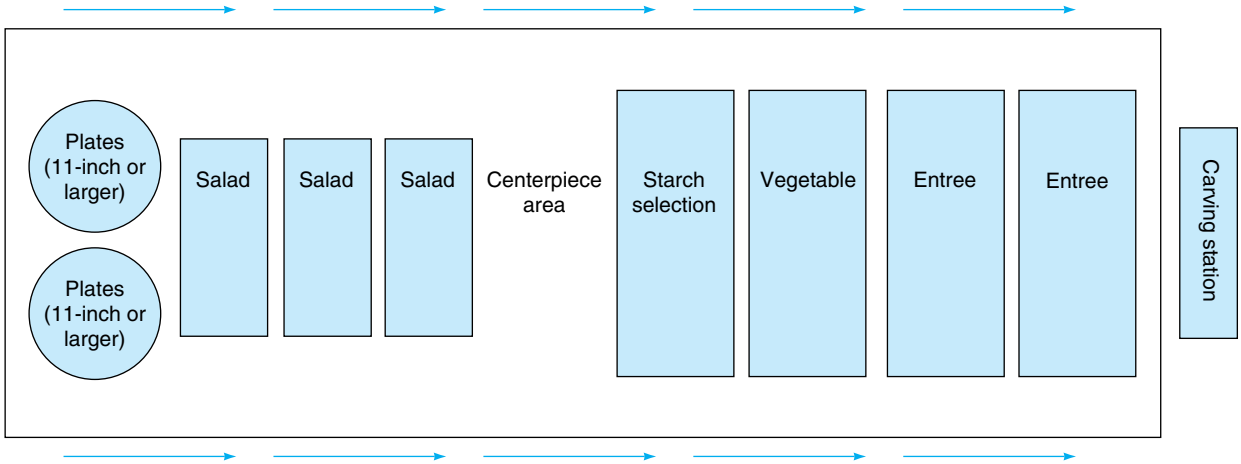


FIGURE 17.6 Double straight-line service for a buffet serving large numbers. Guests serve themselves from either side of a single line of food items. Napkins, silverware, bread and butter, and beverages are usually placed at each table. Desserts may be served at a separate table or individually to each guest.

requires more space and duplicate serving dishes. Figure 17.6 illustrates a straight-line simple buffet arrangement, used when large groups serve themselves from both sides of the table. For a large group requiring a more elaborate buffet, it is advisable to set up several serving stations, each serving different food items. A typical four-station buffet for serving 200 people includes:

Salad station (round 72-inch table): Salad plates, several salads, fresh fruit, bread and butters/spreads, salad dressings, and crackers and cheeses.

First entree station (two serpentine tables arranged in an S *shape):* Plates, display cooking station (stir-fry perhaps), chaffing pans for entree accompaniments (pasta, rice, sauces), antipasto, breads, and butter/spreads.

Second entree station (see Figure 17.3 for table requirement): Plates, carving station, chafing pans for entree accompaniments (vegetables, potatoes/starches), sauces, breads, and butter/spreads.

Dessert station (see Figure 17.5 for table requirement): Plates, desserts and dessert sauces, cups and saucers, coffee/tea, and beverage condiments (sugar cubes, sweeteners, cream, whipped cream, citrus peal, cinnamon sticks, cinnamon, nutmeg, chocolate shavings).

All tables should include at least one centerpiece. Beverages other than coffee and tea should be served by the wait staff or at another table.

Food Presentation and Service

The success of a buffet meal depends not only on the quality of food, but also on the attractiveness of the buffet table. Visual appeal may be increased by placing trays and chafing dishes at an angle to the table, raising trays on one or two corners so they slant toward guests, and displaying food at different levels. Interesting colors may be introduced in the table covering, the serving dishes, the food, and the decorations. When arranging food on serving pieces, consider varying the height by adding an attractive garnish that is taller than the food being served. Arranging foods in attractive patterns creates a pleasing visual effect. Texture variations are appealing. Open spaces on serving platters enhance food displays. See Exhibits VIII and IX in the color insert for table and garnish ideas.

When arranging foods and other items on the buffet table consider *flow* of people through the line: The order of food should be logical. A generally accepted procedure is to arrange the food in the same order as if it were a served meal. Placing condiments and side dishes near the food they will accompany is suggested. Panning foods together that are intended to be served together is a presentation style that enhances food appeal and helps guests select food items more quickly. For example, chicken breasts, rice pilaf, and grilled vegetables could be placed together in the same chafing pan.

Using an 11-inch plate is satisfactory for most buffets. If using a smaller plate, then consider placing salad plates alongside the salads. If dessert is served on the buffet table, then plates should be placed on the buffet table near the desserts. Desserts may be placed on a separate table from which guests will later serve themselves. An attractive dessert table will make a lasting impression on guests.

Make room between serving pans for ease of serving and for changing pans of food. Adequate *spacing*

will be achieved when approximately one linear foot of space is allowed for each item on the buffet.

Buffets can become messy if foods are placed out of guests' *reach*. If possible, avoid placing food so guests must reach over other food items; however, when placing food behind other food is unavoidable, use care to put messy serving items to the front of the table. Elevating the food to the back of the table will help reduce drips and spills and also adds to the attractiveness of the food display. Elevation can be achieved by draping tablecloths or napkins over different-size cans or boxes.

Centerpieces and *decorations* add to the visual appeal of a buffet table and can be used to carry out a menu theme. Both should be sized appropriately for the space and not interfere with the service of the food.

Labeling food items that are unusual or not easily recognized is recommended. Because some people are allergic to nuts, it is advisable to identify products that contain nuts.

BANQUET SERVICE

Although table service for banquets in hotels and many other commercial foodservices may be elaborate, a simplified service may be the most practical for foodservices in which only an occasional banquet is served. The discussion of table setting and plate service that follows is intended primarily for this type of facility.

Preparation of the Dining Room

Tables and chairs should be arranged to allow adequate space for serving after the guests are seated. Chairs should be placed so that the front edge of each touches or is just below the tablecloth. If there is to be a head table, it should be placed so that it is easily seen by the guests, with a podium and microphone available for the program. Audiovisual equipment, if needed, should be properly placed and adjusted. Serving stands, conveniently placed, facilitate service. Such provisions are especially important when the distance to the kitchen or staging area is great.

Setting the Tables

Tablecloth. Tablecloths generally are used for banquets, although place mats make an attractive table setting when the finish of the table top permits and the meal is informal. Place the cloth on the table so that the center lengthwise fold falls exactly in the middle of the table and the four corners are an equal distance from the floor. The cloth should extend 6–12 inches over the table top and should not touch the chair seat.

The Cover. The plate, silverware, glasses, and napkin to be used by each person are known as the cover (see Figure 17.7). Consider 20 inches of table space as the smallest permissible allowance for each cover; 25–30 inches is better. Place all silverware and dishes required for one cover as close together as possible without crowding.

Silverware. Place knives, forks, and spoons about 1 inch from the edge of the table and in the order of their use (see Figure 17.7). Some prefer to place the salad or dessert fork next to the plate as the menu dictates. If the menu requires no knife, omit it from the cover. When cocktail forks are used, they are placed at the extreme right of the cover. If a butter spreader is used, lay it across the upper right side of the bread and butter plate, with the cutting edge toward the center of the plate. It may be placed straight across the top of the plate or with the handle at a convenient angle. Dessert silverware often is not placed on the table when the cover is laid, except when the amount of silver required for the entire meal is small or when it is necessary to simplify the service. If a dessert fork is used, it is sometimes placed in the area above the dinner plate so the guest will use it for the final course.

Napkin. Place the napkin at the left of the fork with the loose corner at the lower right and the open edges next to the edge of the table and the plate. It may be placed between the knife and fork if space is limited, and it may be folded into an accordion shape and placed upright.

Glasses. Place the water glass at the tip of the knife or slightly to the right. Goblets and footed tumblers often are preferred for luncheon or dinner and should be used for a formal dinner. Wine glasses are placed to the right of and slightly below the water glass.

Bread and Butter Plate. Place the bread and butter plate at the tip of the fork or slightly to the left.

Salt and Pepper. Salt and pepper shakers should be provided for every six covers. They should be placed parallel to the edge of the table and in line with sugar bowls and creamers.

Decorations. Some attractive decorations should be provided for the center of the table. A centerpiece should be low so the view across the table will not be obstructed. Candles should not be used in the dayime unless the lighting is inadequate or the day is dark. When used, they should be the sole source of light. Do

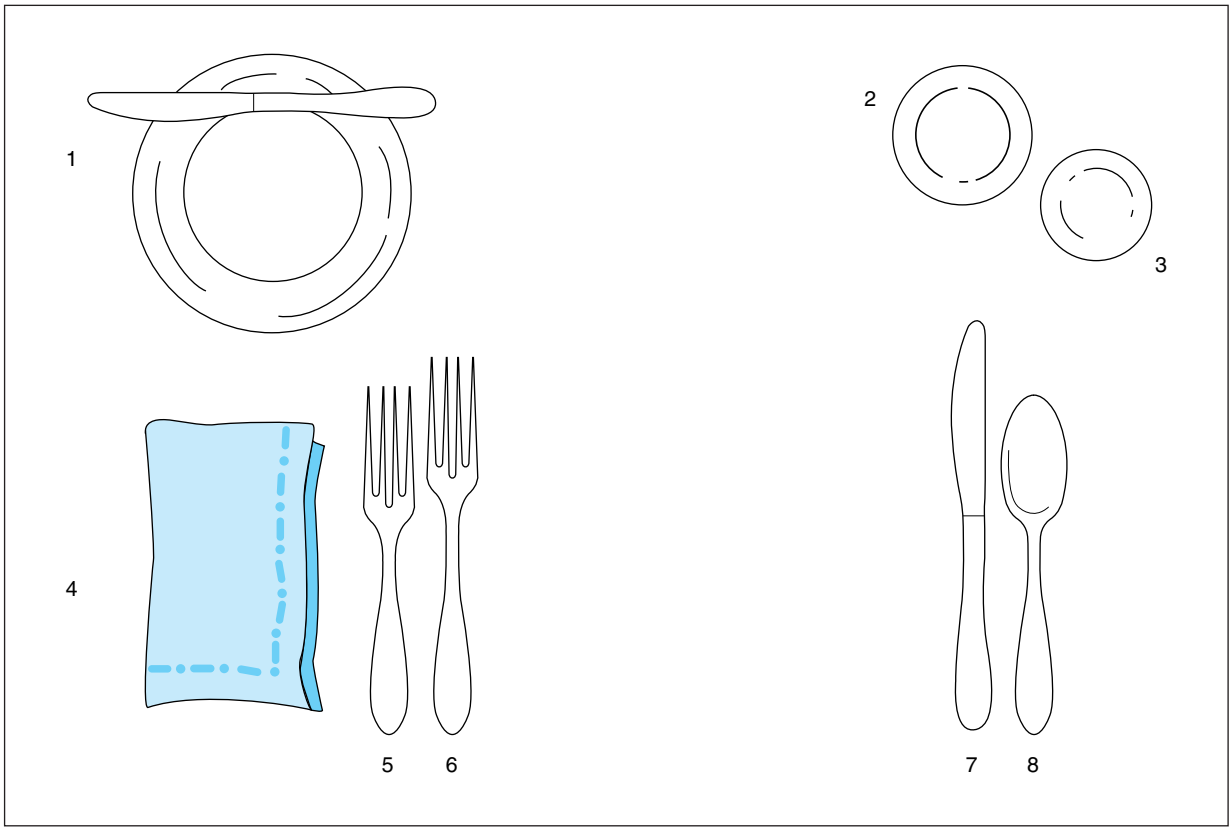


FIGURE 17.7 Cover for a served meal: (1) bread and butter plate, with butter knife; (2) water glass; (3) wine glass; (4) napkin; (5) salad fork; (6) dinner fork; (7) knife; (8) teaspoon.

not mix candlelight and daylight or candlelight and electric light. Tall candles in low holders should be high enough so that the flame is not on a level with the eyes of the guests. If place cards are used, they are set on the napkin or above the cover.

Seating Arrangement

The guest of honor, if a woman, usually is seated to the right of the host; if a man, to the right of the hostess. At banquets and public dinners, a man is seated to the left of his partner. Customs for seating guests may be different in countries other than the United States.

Service Counter Setup for Served Meals

Food should be served from hot counters or hot holding equipment. Some provision also must be made for keeping plates and cups hot. For serving 50 plates or less, the plan should provide one person to serve each food item. Such an arrangement for serving is termed a setup. For 60–100 persons, two setups should be provided to hasten service. For more than 100 persons, it is well to provide additional setups.

Food is placed on the hot counter in the following order: meat, potato or substitute, vegetables, sauces, and garnish. The supervisor should demonstrate the size of portions to be given and their arrangement on the plate. There should be a checker at the end of the line to remove with a damp cloth any food spots from the plate and to check the plate for completeness, arrangement, and uniformity of servings. The importance of standardized servings and food arrangement can hardly be overemphasized; these factors can determine the enjoyment of the guests and the financial success or failure of a meal.

Table Service

1. Service personnel should report to the supervisor to receive final instructions at least 15 minutes before the time set for serving the banquet.
2. If the salad is to be on the table when the guests arrive, it should be placed there by the service personnel not more than 15 minutes before serving

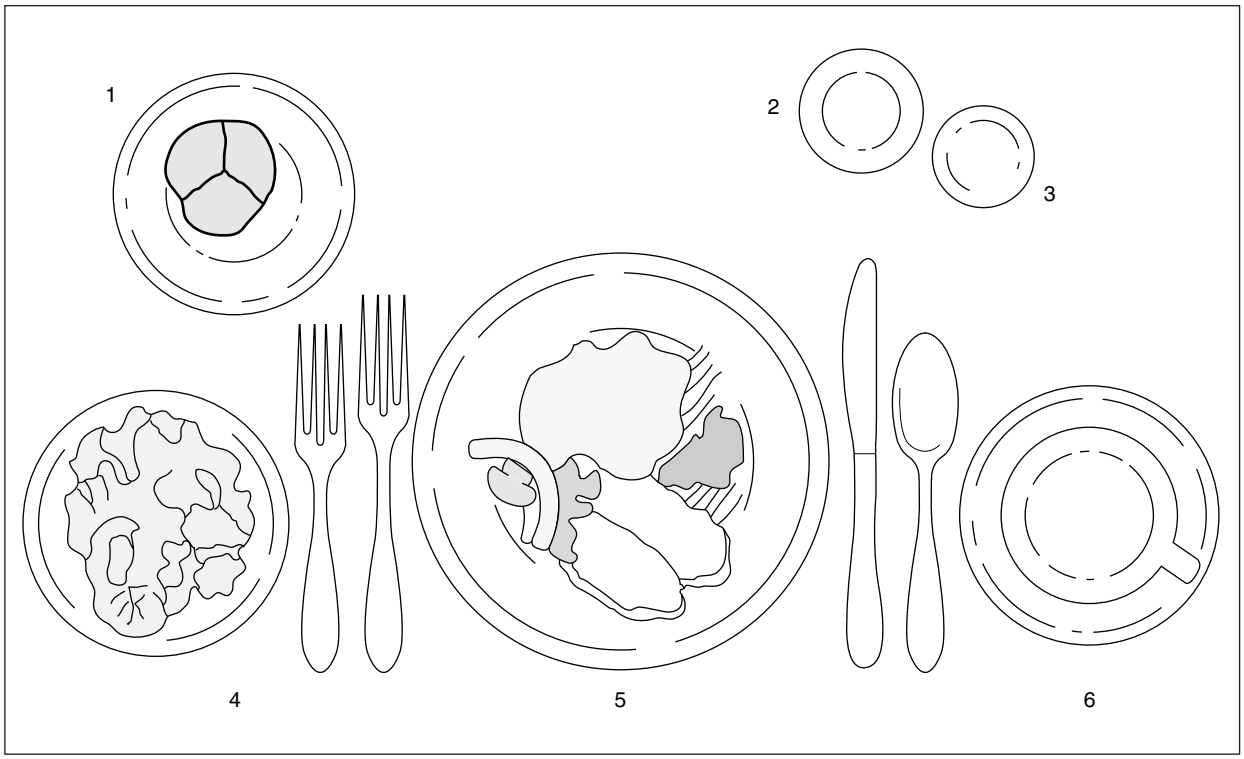


FIGURE 17.8 Placement of food and cover for a served meal: (1) bread and butter plate; (2) water glass; (3) wine glass; (4) salad plate; (5) dinner plate; (6) cup and saucer. The salad is placed at the left of the fork when salad and beverage are both served with the main course. If space does not permit, place salad plate at tip of fork and bread and butter plate, if used, above the dinner plate.

time. It should be placed to the left of the fork (Figure 17.8). If space does not permit this arrangement, place the salad plate at the tip of the fork and the bread and butter plate, if used, directly above the dinner plate between the water glass and the salad plate. If the salad is to be served as a separate course, it is placed between the knife and the fork, then removed before the main course is served.

3. Place creamer beside the sugar bowl.
4. Place relishes on the table, if desired.
5. For small dinners, the first course may be placed on the table before dinner is announced. For large banquets, however, it is best to wait until the guests are seated. Hot soups or plated appetizers are served after the guests are seated. A first course of beverages and appetizers may be offered as the guests arrive in the reception area.
6. Place butter on the right side of the bread and butter plate. If no bread and butter plate is used and the salad is to be on the table when guests arrive, the butter may be placed on the side of the salad plate. This procedure is often necessary where dishes and table space are limited. Butter may also be arranged on a serving plate and passed.
7. Place glasses filled with ice water on the table just before guests are seated.
8. When the guests are seated, service personnel line up in the kitchen for trays containing the first course. A general rule is to schedule one waiter for each one to two tables and one busperson for every two tables. It is helpful if two persons work together, one carrying the tray and the other placing the food. Place the cocktail glasses, soup dishes, or canapé plates on the service plates, which are already on the table.
9. Serve food from the guest's left with the left hand. Serve beverages from the guest's right with the right hand. Proceed counterclockwise.
10. Serve the head table first, progressing in order to the other tables. To minimize the disruption of guests, it is preferable to have the head table the one farthest from the kitchen entrance.
11. When the guests have finished the first course, service personnel remove the dishes from the right.
12. For the main course, plates may be brought to the dining room on plate carriers or on trays holding several plates and set on tray stands. Each worker serves the plates to a specified group of guests.

An alternate method often is used in serving large groups. A tray of filled plates is brought from the kitchen by bus personnel to a particular station in the dining room, from which the plates are served. The dining room service personnel remain at their stations during the serving period.

13. Place the plate 1 inch from the edge of the table with the meat nearest the guest.
14. As soon as a table has been served with dinner plates and salad, specially appointed workers should follow immediately with rolls. Coffee may be served at this time or with dessert.
15. Place the coffee cups at the right of the spoons with the handles toward the right at about the 5 o'clock position. If the coffee is served with the main course, the cup and saucer may be placed on the table with the rest of the cover. If it is served with the dessert only, the cups are not placed on the table until the dessert is served.
16. Serve rolls at least twice. Offer them from the left at a convenient height and distance. Plates or baskets of rolls may be placed on the table to be passed by the guests.
17. Refill water glasses as necessary. If the tables are crowded, it may be necessary to remove the glasses from the table to fill them. Handle the glass near the base.
18. Refill coffee cups as necessary. Do not remove cups from table when filling.
19. At the end of the course, remove all dishes and food belonging to that course. Remove dishes from the guest's right.
20. If the silverware for the dessert was not placed on the table when the table was set, take in on a tray and place at the right of the cover.
21. Serve desserts two at a time and in the same order that the plates were served. Place the dessert in front of the guest in the most attractive manner. For example, place cheesecake wedges so the tip is pointing toward the guest.
22. If possible, clear the table except for decorations before the program begins. The handling of dishes should cease before the program starts.

STYLES OF SERVICE

The style of service will have an impact on the menu items and on the equipment and labor required to serve the meal. Following are some common styles of service.

American or Plate Service. Food items are placed on plates and delivered to guests. An attractive placement of food and garnish is important. Basic service rules for American service include:

- Serve food from the guest's left with the left hand (remember to leave on left). Serve women first and proceed counterclockwise. If the host or hostess is known, begin to his or her right.
- Serve beverage from the guest's right with the right hand.
- Clear dishes from the guest's right (remember to remove on right). Do not stack dishes or scrape plates in sight of guests.

Buffet. Food is prepared in the kitchen and arranged in serving pans for guests to serve themselves or to be served by service personnel. Appetizers, soups, and salads may be served at guests' tables prior to going through the buffet.

English. Platters of food are placed in front of the host or hostess who places the food on individual plates. Whole pieces of food may be cut by the host or hostess. A waiter generally receives the filled plates and delivers them to the guests.

Family Service. Food is placed in bowls and platters on each table. Guests serve themselves.

French. Food is partially prepared in the kitchen and finished in the dining room in view of the guests. A variation of the French style is to carve or serve fully cooked food from a cart at table side.

Russian. Individual portions of food are transferred by a waiter from a platter to the guest's plate.

WINE AND BAR SERVICE

Alcoholic beverages are often a part of special-event menus. Following are some basic guidelines for pairing wine with food and for setting up a bar.

Wine and Food Pairings

No hard and fast rules exist for selecting wines to serve with various foods. Generally accepted practice and the personal taste and experience of the client should be considered when selecting wines. Table 17.1 provides guidelines for pairing food with some commonly requested wines. Table 17.2 gives the amount of wine in different-size bottles.

TABLE 17.1 Wine and food pairing guide

		Appetizers (light)	*Cheese (mild)*	*Cheese (strong)*	*Pasta (light)*
WHITE WINES (DRY)	Chablis (light bodied)	X	X		X
	Sauvignon Blanc (medium bodied)	X	X		X
	Fume Blanc (medium bodied)		X		X
	Pinot Blanc (medium bodied)		X		
	Chardonnay (full bodied)		X	X	
WHITE WINES (SLIGHTLY SWEET)	Johannisberg Riesling (light bodied)	X			
	Gewürztraminer (light bodied)	X	X		
	Chenin Blanc (medium bodied)	X	X		X
	Liebfraumilch (medium bodied)	X	X		
WHITE WINES (SWEET)	Sauternes (medium bodied)			X	
RED WINES	Gamay-Beaujolais (light bodied)	X	X		X
	Pinot Noir (medium bodied)		X		
	Merlot (medium bodied)		X	X	
	Zinfandel (medium bodied)			X	
	Cabernet Sauvignon (full bodied)			X	
ROSE WINES	White Zinfandel and other "blush" wines (light bodied)	X	X		X
SPARKLING WINES AND CHAMPAGNE	Brut	X			
	Asti Spumante				
FORTIFIED DESSERT WINES	Port		X		
	Sherry	X (before dinner)			

TABLE 17.1 continued

Pasta (robust)	*Beef*	*Lamb*	*Pork/ Veal*	*Ham*	*Poultry*	*Seafood (heavy sauce)*	*Seafood (light or no sauce)*	*Fruits/*	*Desserts*
			X		X		X		
			X	X	X		X		
			X		X		X		
X			X	X	X	X	X		
X		X	X		X	X			
	X		X	X	X		X	X	
					X				
			X	X	X		X		
			X	X	X		X		
								X	
	X		X	X	X		X	X	
X	X	X	X	X	X	X			
	X								
X	X	X	X		X				
	X								
			X	X	X	X	X	X	
								X	
								X (fruits)	
								X	
								X (after dinner)	

Note

- Serving temperatures: dry whites and roses, 44°–54°F; light-bodied reds, 50°–55°F; medium-bodied to full-bodied reds, 55°–65°F; sweet wines, 41°–47°F; sweet fortified wines (port), room temperature; sparkling wines, 41°–47°F.

TABLE 17.2 Wine purchasing guide

Size	Volume (ounces)	Servings per container[a]	
		Dinner	Cocktail
187.5 milliliters (split)	6.35	2	2–3
375 milliliters (half)	12.7	4	4–6
750 milliliters (standard)	25.4	8	8–12
1 liter	33.8	11	12–14
1.5 liters (magnum)	50.7	16	20–25
3 liters	101.4	32	40–50
4 liters	135.2	43	52–64

[a] Number of servings per container is based on dinner portion size 3–3½ oz, cocktail portion size 2–2½ oz. If larger glasses are used, adjustment in the servings per container will need to be made.

TABLE 17.3 Guidelines for stocking a bar

Item	Approximate stocking quantities for 50 people[a]	Item	Approximate stocking quantities for 50 people[a]
LIQUOR		**MIXERS**	
Beer, regular	18 cans	Cola	12 cans
Beer, light	36 cans	Diet cola	12 cans
Beer, nonalcoholic	3 cans	Non-cola, clear	6 cans
Bourbon	½ bottle	Diet non-cola, clear	3 cans
Gin	1 bottle	Club soda	3 liters
Rum	½ bottle	Gingerale	3 liters
Scotch	½ bottle	Tonic	6 liters
Vermouth, dry	1 partial bottle	Blood mary mix[b]	2 quarts
Vermouth, sweet	1 partial bottle	Orange juice	1 gallon
Vodka[b]	½ bottle	Cranberry juice	1 quart
Whiskey	½ bottle	Grapefruit juice	1 quart
Wine, white (chardonnay)	3 bottles	**GARNISHES**	
Wine, blush (white zinfandel)	1–2 bottles	Celery sticks	
Wine, red (cabernet sauvignon)	1–2 bottles	Cherries with stems	8 ounces
		Lemons	5
		Limes	3
		Oranges	3
		Stuffed green olives	6 ounces

[a] Quantities are generous. For bars located close to replenishment stock, the recommended quantity can be reduced.
[b] For morning events increase the vodka and bloody mary mix and the orange juice.
Champagne, sparkling wine, or fruit schnapps may be added for events such as receptions and weddings.
Note: For each guest estimate one mixed drink, one beer, or two glasses of wine per hour. For guests not drinking alcoholic beverages, have available three or four cans of soda or sparkling water. Plan 10 oz mixer, two to three glasses, and 1 lb ice per person.

Bar Service

Bars should be stationed so guests see them upon arrival. The location should be away from the dining area and buffet.

The number of bars and bartenders should be based on the number of guests. A general guideline is one bar per every 100 people with no more than two bartenders per bar. For 50 people, one bartender is usually adequate. The volume expected and type of beverages served should be considered when deciding when to add additional bars or bartenders.

The kind of liquor and amount of bar stock depends on the type and length of function and the guests being served. Table 17.3 provides general guidelines for stocking a bar. Glassware should be appropriate for the beverages being served.

State and local laws regarding alcohol service must be followed. Know the laws and educate employees about the laws before serving alcohol.

APPENDIX A

Suggested Menu Items

APPETIZERS

See p. 73.

ENTREES

Meat

Beef

Roast
- Chuck
- Corned beef
- Pot roast
- Rib eye
- Standing rib
- Sauerbraten
- Smoked beef brisket

Steak
- Broiled or grilled
  - Club
  - Filet mignon
  - Sirloin
  - T-Bone
- Chicken-fried steak
- Country-fried steak
- Pepper steak
- Spanish steak
- Steak teriyaki

Ground beef
- Bacon-wrapped beef
- Cheeseburger pie
- Chuck wagon steak
- Salisbury steak
- Meat loaf
- Meatballs
  - Italian
  - Swedish
  - Spanish
  - With spaghetti

Beef with pasta or rice
- Beef on noodles
- Beef, pork, and noodle casserole
- Beef stroganoff on noodles
- Chipped beef and noodles
- Chop suey on rice
- Creole spaghetti
- Hungarian goulash
- Pasta, beef, and tomato casserole
- Spaghetti and meatballs
- Spanish rice

Other beef entrees
- Beef birds
- Beef liver, braised
  - Grilled with onions
  - With bacon
- Beef pot pie
- Beef stew
  - With vegetables
  - With biscuits
- Chili con carne
- Creamed beef on biscuits or baked potato
- Creamed chipped beef on toast or baked potato
- Fajitas
- Green chili stew
- Kabobs
- Lasagna
- Pizza
- Stir-fried beef
  - With broccoli
  - With sugar snap peas
- Stuffed peppers
- Taco salad casserole

Veal

- Veal birds
- Veal cacciatore
- Breaded veal cutlets
- Veal New Orleans
- Veal Parmesan
- Veal piccata
- Veal scallopine

Lamb

- Roast leg of lamb
- Broiled lamb chops
- Lamb stew
- Curried lamb with rice

Pork

Pork chops
- Breaded
- Baked
- Barbecued
- Chili seasoned
- Deviled
- With dressing
- Stuffed

Pork cutlets, breaded

Pork roast, loin
- Garlic and peppercorn
- Herbed
- Jeweled
- Teriyaki glazed
- With dressing

Pork roast, fresh ham

Spareribs
- Barbecued
- Sweet-sour
- With dressing
- With sauerkraut

Other pork entrees
- Stir-fried pork
- Sweet and sour pork
- Pork and noodle casserole

Pork (cured)
- Bacon
- Frankfurters
  - Barbecued
  - Cheese-stuffed
- Ham
  - Baked glazed
  - Grilled slices
  - Ham balls
  - Ham loaf
  - Ham patties
    - With cranberries

With pineapple
Creamed ham on spoonbread or biscuits
Plantation shortcake
Black beans and ham on rice
Ham and cheese quiche
Scalloped potatoes and ham
Sausage
Gravy on biscuits
Patties or links
With acorn squash
And egg bake
Rolls
Scrapple

Poultry

Chicken (quarters or pieces)

Barbecued
Cantonese
Cacciatore
Fricassee
Fried
Deep-fat
Oven-fried
Pan-fried
Herb baked
Italian baked
Parmesan
Poached
Stewed
With dumplings
Tahitian

Chicken Breast (grilled or broiled)

Cheese-stuffed
With tomato basil sauce
Curried
Dijon
Herb marinated
Sesame mustard
Tarragon
With tomato sauce

Chicken (using diced meat)

Brunswick stew
Chicken à la king or creamed
On biscuits
On chow mein noodles
On spoonbread
In patty shell
Chicken crepes
Chicken pot pie
Chow mein
Hot chicken salad
Chicken and noodles
Chicken rice casserole
Chicken and snow peas on rice
Chicken tetrazzini
Chicken and vegetable stir-fry
Scalloped chicken
Singapore curry
Spaghetti with chicken sauce
Sweet-sour chicken
Szchewan chicken
Cornish game hens, orange glazed

Turkey

Roast, with dressing
Steaks, grilled
Lime tarragon
Scalloped turkey
Turkey à la king
Turkey with dumplings
Turkey tetrazzini

Fish and Shellfish

Fin Fish

Fillets
Baked
Breaded
Deep-fat fried
Grilled
Lemon baked
Poached
Fillet of sole amandine
Herb marinated fish steak
Lemon rice-stuffed cod
Salmon
Baked (whole)
Loaf
Poached
Scalloped
Scallops
Tuna
À la king
And noodles
Broiled
Scalloped

Shellfish

Deviled crab
Scalloped oysters
Caribbean shrimp
Creole shrimp
Oriental shrimp and pasta
Pasta with clam sauce
Pasta with shrimp sauce
Seafood quiche
Shrimp fried rice
Shrimp Peel
See also Entree Salads

Meatless Entrees

Vegetable

Black beans
and couscous
Cuban and rice
and tortilla
Broccoli and cheese casserole
Broccoli and rice au gratin
Cheese and broccoli strata
Cheese pizza
Mushroom souffle
Quiche
Leek and roasted pepper
Mushroom
Spinach
Vegetable
Sicilian rice and vegetables
Spinach cheese crepes
Spinach lasagna
Lasagna florentine
Spinach soufflé
Tofu, broccoli Szechwan
and vegetables jambalaya
stir-fry
sweet-and-sour
Vegetable chow mein
Vegetable fajita
Vegetable paella
Vegetable timbale

Pasta, Rice, and Grains

Baked ziti with four cheeses
Barley and vegetable medley
Curried rice, beans, and vegetable pilaf
Garden pasta
Ginger rice
Grains and beans
Jalapeño rice
Macaroni and cheese
Orzo pilaf
Pasta primavera
Pasta with vegetable sauce
Polenta
Quesadillas
Red beans and rice
Roasted portabella mushroom on orzo pilaf
Roasted vegetables

Cheese and Eggs

Cheese balls on pineapple slice
Cheese and broccoli strata
Cheese soufflé
With cheese sauce
With mushroom sauce
Eggs à la king
Frittata
Goldenrod eggs
Hot stuffed eggs
Nachos
Omelet
Baked
Chinese
Mushroom and cheese
Spanish
Quesadillas
Quiche
Scotch woodcock
Risotto
Swiss broccoli pasta
Tomato cilantro rice
Vegetarian spaghetti

Sandwich Entrees

Cold Sandwiches

Bacon, lettuce, tomato
Cheese salad
Chicken pocket
Chicken salad
Club sandwich
Egg salad
Ham
With cheese
Ham salad
Pork loin
Sliced turkey
Submarine
Tuna salad
Turkey club hoagy

Hot Sandwiches

Bacon and tomato on bun
  With cheese sauce
Beef
  Barbecued
  French dip
  Roast beef
Bierocks
Chicken cutlet
Chili dog
Chimichangas
Crab salad
Croissant with sautéed garden vegetables
Fajitas
Grilled sandwiches
  Cheese
  Corned beef and Swiss on rye
Ham and cheese
Hamburgers
  Barbecued
  With cheese
Hot meat and cheese
Hot tuna grill
Meat loaf
Nacho dog
Patty melt
Quesadillas
Roast pork
Tacos
Tuna melt
Turkey, hot
  And Swiss on whole wheat
Western

Salad Entrees

Chef's salad bowl
  Seafood chef salad
Chicken or turkey salad
  Crunchy
  Curried
  Fruited
  Mandarin
  And bacon
  With orange-avocado
Chicken and pasta salad
Cottage cheese salad
Crab salad
Pasta salad
  Italian pasta salad
Pasta and crab salad
Salad plates
  Chicken and pasta salad plate
  Deli plate
  Fruit salad plate
  Marinated chicken and fresh fruit
  Salmon, poached
  Shrimp tortellini salad plate
  Tuna pasta salad plate
Shrimp salad
  Rice
  Tortellini
Stuffed tomato salad
Taco salad
Tomato cottage cheese salad
Tuna salad

ENTREE ACCOMPANIMENTS

Pasta, Rice, and Cereals

Baked cheese grits
Barley casserole
Broccoli and cheese casserole
Broccoli rice au gratin
Couscous
Fettuccine
  With pesto sauce
  Grilled vinaigrette
  Herbed
Noodles
  Buttered
  Romanoff
Orzo
  Lemon
  Pilaf
Pasta wheels with vegetables
Penne with garlic
Polenta
Quinoa pilaf
Rice
  With black-eyed peas
  Buttered
  Curried
  Fried
    With almonds
  Ginger rice stir-fry
  Green
  Mexican
  Pilaf
  Primavera
  Risotto
  Silician with vegetables
  Toasted herb
  Tomato

See also Meatless Entrees

Potatoes

White Potatoes

Au gratin
Baked
  With toppings
  French
  Herbed
  Lyonnaise
  Stuffed
Creamed
Croquettes
Duchess
Fried
French fried
Hashed brown
Lyonnaise
Mashed
New potatoes
  Buttered
  Creamed
  Creamed with peas
  Lemon seasoned
  In mustard
  Paprika seasoned
  Parmesan
  Roasted
O'Brien
Oven-browned
Potato pancakes
  With applesauce
Potato salad, hot or cold
Rissole
Romanoff
Rosettes
Scalloped
  With onion
Shoestring
Sour cream

Sweet Potatoes

Baked
Candied or glazed
  With almonds
  With apples
Mashed
Soufflé

Starchy Vegetables

Corn

On the cob
Creamed
O'Brien
Pudding
Scalloped
Succotash

Beans

Baked beans
Bean ragout
Black beans and couscous
Grains and beans
Lima beans
  Baked
  Seasoned
Ranch style beans
Red beans and rice
Spicy black beans

Squash

Baked acorn
Mashed butternut or hubbard
  With apples
Seasoned spaghetti squash

VEGETABLES

Green Vegetables

Asparagus

Seasoned
Creamed
With cheese or hollandaise sauce
Vinaigrette

Broccoli

Seasoned
  With almonds
  With crumb butter
  With lemon butter
With cheese sauce
With hollandaise sauce

Brussels Sprouts

Seasoned

Cabbage

Seasoned
Au gratin
Hot slaw
Polonaise
Scalloped

Celery

Seasoned
Creamed with almonds
Creole
With carrots amandine

Green Beans

Seasoned
  With almonds
  With dill
  With mushrooms
Casserole
Creole
Herbed
Southern style
Spanish

Peas

Seasoned
  With almonds
  With lemon-mint butter
  With mushrooms
With carrots
With cauliflower
With new potatoes
With pearl onions
With turnips

Spinach

Seasoned
  With egg or bacon
Creamed
Soufflé
Wilted

Zucchini

Seasoned
Casserole
  With tomato

Other Vegetables

Beets

Seasoned
  Julienne
Harvard
Hot spiced
With orange sauce
In sour cream
Pickled

Carrots

Seasoned
  With parsley
Candied or glazed
Mint glazed
Lyonnaise
Marinated
Savory
Sweet-sour
With celery
With peas

Cauliflower

Seasoned
  With almonds
Creamed
French fried
With cheese sauce
With peas

Eggplant

Baked
Creole
French fried
Parmesan
Ratatouille
Sautéed
Tomato bake

Mushrooms

Broiled
French fried
Marinated
Sautéed

Onions

Seasoned
Au gratin
Baked
Casserole
Creamed
French fried

Parsnips

Seasoned
Browned
Glazed
  With carrots

Rutabagas

Seasoned
Mashed
  With potatoes

Summer Squash

Seasoned
With zucchini

Tomatoes

Baked
Broiled
Herb Roasted
Stewed
Stuffed
  With mushrooms
  With spinach

Turnips

Seasoned
Mashed
With peas

See p. 678 for suggested combinations for stir-fried vegetables.

SALADS AND RELISHES

Vegetable Salads

Salad bar
Mixed green
Tossed vegetable
Tossed greens and fruit
Hawaiian tossed
Marinated garden salad
Vegetable collage

Asparagus

Marinated

Beans

Brown bean
Garbanzo bean
  With pasta
Triple bean
Cauliflower bean
Oriental bean

Cabbage

Cole slaw
Creamy cole slaw
Green pepper slaw

Carrots

Carrifruit
Carrot celery
Carrot raisin
Marinated carrots

Cauliflower

Cauliflower-broccoli
Creamy cauliflower

Cucumbers

Sliced cucumbers and onions
Sliced cucumbers and tomatoes
German cucumbers

Green Beans

Marinated green beans

Potatoes

Potato salad
Sour cream potato salad
Hot potato salad

Spinach

Spinach-cheese
Spinach-mushroom

Tomatoes

Marinated
Sliced
Sliced with cucumbers
Tomato Basil

Fruit Salads

Acini de pepe
Ambrosia fruit
Waldorf
Apple-cabbage
Apple-carrot
Spiced apple
Grapefruit orange
  With apple
  With avocado
Frozen fruit
Tossed greens with fruit

Gelatin Salads

Perfection
Tomato aspic
Applesauce
Apple cinnamon swirl
Arabian peach
Autumn salad
Blueberry
Boysenberry mold
Cranberry apple
Cranberry mold
Cucumber soufflé
Frosted cherry
Frosted lime
Jellied Waldorf
Lemon cream
Pineapple cheese
Ribbon gelatin
Sunshine
Swedish green top
Under-the-sea

Pasta and Rice Salads

Garbanzo and pasta
Dilled rice
Macaroni
Italian pasta
See also Salad Entrees

Relishes

Fruit

Buttered apples
Cantaloupe or watermelon chunks
Cranberry relish
Cranberry sauce
  Baked
Grapes, green or red
Pineapple, broiled
  Spears
Salsa
Spiced fruit
  Apples
  Crabapples
  Pears
  Peaches

Vegetables

Broccoli florets
Carrot curls or sticks
Marinated carrots
Cauliflower florets
Celery sticks
Stuffed celery
Cherry tomatoes
Green pepper rings or sticks
Marinated mushrooms
Radishes
Tomato slices or wedges
Turnip sticks or slices
Zucchini sticks or slices

Miscellaneous

Cucumber and Melon Salsa
Olives, green, ripe, stuffed
Pickles
  Beet
  Corn relish
  Dill
  Sweet
  Watermelon

SOUPS

Stock soups

Beef alphabet
Beef barley
Beef noodle
Beef rice
Creole beef
French onion
Hearty beef vegetable
Mexican beef
Minestrone
Vegetable beef Julienne
Vegetable
Brunswick stew
Chicken bouillon
Chicken gumbo
Chicken noodle
Chicken rice
Chicken with spaetzle
Pepper pot
Turkey vegetable
Tomato barley
Tomato bouillon
Tomato rice
Manhattan clam or fish chowder

Cream Soups

Broccoli cheese soup
Cheese soup
Chicken velvet
Cream of:
  Asparagus
  Broccoli
  Cauliflower
  Celery
  Chicken
  Mushroom
  Mushroom barley
  Potato
  Potato and roasted pepper
  Spinach
  Tomato
  Vegetable

Chowders

Clam (New England)
Corn
Fish
Potato
Vegetable
Oyster stew

Bean and Lentil Soups

Black bean
Navy bean
Chili con carne
  Chili spaghetti
  Garden chili
  White chili
Lentil soup
Lentil and black bean
Split pea soup

Chilled Soups

Gazpacho
Vichyssoise

DESSERTS

Cakes

Angel food
  Chocolate
  Frozen filled
  Yellow
Chiffon
  Cocoa
  Orange
  Walnut
Cupcakes
White, with variations
Yellow, with variations
Applesauce
Banana
Boston cream pie
Burnt sugar
Carrot
Chocolate
Coconut lime
Dutch apple
Fruit cake
Fudge
German chocolate
Lady Baltimore
Lazy daisy
Marble
Pineapple cashew
Pineapple upside-down
Poppy seed
Pound cake
Praline
Pumpkin
Jelly roll
Chocolate roll
Ice cream roll
Pumpkin cake roll
Gingerbread

Cookies

Drop Cookies

Butterscotch
Butterscotch pecan
Chocolate
Coconut macaroons
Chocolate chip
Gingersnaps
Jumbo chunk chocolate
Molasses
Oatmeal
Peanut butter
Peanut butter chocolate chip
Peanut
Snickerdoodles
Sugar
Whole wheat sugar

Bar Cookies

Brownies
Butterscotch squares
Coconut pecan bars
Date bars
Dreamland bars
Oatmeal date bars
Marshmallow krispie squares

Pressed, Molded, and Rolled Cookies

Butterscotch refrigerator cookies
Butter tea cookies
Chocolate tea cookies
Christmas wreath cookies
Coconut cookies
Crisp ginger cookies
Filled cookies
Frosty date balls
Oatmeal crispies
Pinwheel cookies
Rolled sugar cookies
Sandies
Thimble cookies

Pies

Fruit Pies

Apple
  Crumb
  Sour cream
Apricot
Berry
Cherry
Gooseberry
Peach
Pineapple
Raisin
Rhubarb
  Custard

Soft Pies

Chiffon
  Chocolate
  Lemon
  Strawberry
Cream
  Banana
  Butterscotch
  Chocolate
  Coconut
  Date
  Fruit-glazed
  Nut cream
  Pineapple
Custard
  Coconut
Frozen mocha almond
Ice cream
Lemon
Pumpkin
  Praline
  Pecan
    Cream cheese

Frozen Desserts

Sundaes and Parfaits

Caramel sundae
Hot fudge sundae
Peanut butter sundae
Strawberry sundae
Chocolate parfait
Strawberry parfait

Ice Cream

Butter brickle
Chocolate
Chocolate chip
Chocolate almond
Coffee
Lemon custard
Peach
Pecan
Peppermint
Pistachio
Strawberry
Toffee
Vanilla
Frozen yogurt

Sherbet

Cranberry
Lemon
Lime
Orange
Pineapple
Raspberry

Puddings and Other Desserts

Cream puddings
  Banana
  Butterscotch
  Chocolate
  Coconut
  Pineapple
  Tapioca
  Vanilla
Custard, baked
  Caramel
  Rice
  Bread pudding
  Floating island
Baked date pudding
Lemon cake pudding
Christmas pudding (steamed)
Cream puffs
Eclairs
Ice cream puff
Orange cream puffs with chocolate filling
Baked apples
Apple dumplings
Apple crisp
Fruit crisp
Fruit cobbler
  Apple
  Apricot
  Cherry
  Peach
  Plum
Fruit and cheese
Strawberry shortcake
Bavarian creams
  Apricot
  Pineapple
  Strawberry
Russian cream
Cheese cake
  With fruit glaze

GARNISHES

Yellow-Orange

Cheese and Eggs

Cheese, grated, strips
Egg, hard-cooked or sections
Deviled egg halves
Riced egg yolk

Fruit

Apricot halves
Cantaloupe balls
Lemon wedges, slices
Orange section, slices
Peach slices
Peach halves with jelly
Spiced peaches

Vegetables

Carrots, rings, shredded, strips
Banana peppers

Sweets

Peanut brittle, crushed
Sugar, yellow or orange

Miscellaneous

Coconut, tinted

Flowers

Carnations
Daisies
Dandelion
Day lilies
Nasturtium
Pansies
Rose petals
Snapdragons
Squashblossoms

Red/Pink

Fruit

Cherries
Cinnamon apples
Cranberries
Plums
Pomegranate seeds
Red raspberries
Marachino cherries
Strawberries
Watermelon cubes, balls

Vegetables

Beets, pickled, julienne
Beet relish
Red cabbage
Red peppers, rings, strips, shredded
Pimiento, chopped, strips
Red radishes, sliced, roses
Cherry tomatoes
Tomato wedges, slices, broiled

Sweets

Red jelly: currant, cherry, loganberry, raspberry
Red sugar

Miscellaneous

Paprika
Tinted coconut
Stuffed olives
Cinnamon drops (red hots)

Flowers

Carnations, mini
Geranium
Rose petals
Nasturtiums

Green

Fruit

Avocado
Frosted grapes
Green plums
Honeydew melon
Kiwi fruit
Lime slices or wedges
Maraschino cherries
Mint jelly

Vegetables

Broccoli florets
Celery
Endive
Green pepper strips, chopped
Green onions
Lettuce cups
Lettuce, shredded
Mint leaves
Nasturtium leaves
Parsley, sprig, chopped
Spinach leaves
Watercress
Zucchini sticks, slices

Miscellaneous

Capers
Coconut, tinted
Olives
Pickles, burr gherkins, strips, fans, rings
Sunflower seeds
Pistachios

White

Fruit

Apple rings
Grapefruit sections

Vegetables

Cauliflower florets
Celery cabbage
Celery curls, hearts, strips
Cucumber rings, strips, wedges, cups
Mashed potato rosettes
Onion rings
Onions, pickled
White radishes

Miscellaneous

Almonds
Popcorn
Sliced hard-cooked egg white
Parmesan cheese
Shredded coconut
Marshmallows
Powdered sugar
Whipped cream

Flowers

Carnations
Daisies
Geranium
Lilacs
Pansies
Rose petals
Snapdragons
Violets

Brown/Tan

Breads

Croustades
Croutons

Miscellaneous

Chocolate, shredded or shaved
Cinnamon
Dates
French-fried cauliflower
Mushrooms
Nutmeats
Nut-covered cheese balls
Potato chips
Toasted coconut

Flowers

Pansies

Black

Caviar
Prunes
Spiced prunes
Raisins, currants
Ripe olives
Rye croutons
Truffles

Blue/Purple

Bachelor Buttons
Chive flowers
Chrysanthemum
Geraniums
Pansies
Lavender
Lilacs
Violets

EDIBLE FLOWERS

Edible flowers may be stored in a little cold water for 1–2 days. Dry with paper towel before using.

If using flowers other than those listed, make sure they are not poisonous. Call the local extension office for information.

If edible flowers are used as an ingredient rather than a garnish, sample the flowers first to make sure they compliment the other foods used. See p. 732 for the taste of edible flowers.

APPENDIX B

Use of Herbs and Spices in Cooking

Herb or spice (dry)	*Equivalents (tsp per oz) (approx.)*	*Description*
Allspice, ground	15	Flavor resembling blend of cloves, cinnamon, and nutmeg.
Anise seed	15	Warm licoricelike and mildly fennel-like taste.
Basil leaves	40	Anise, clove, and mintlike. Blends well with oregano, parsley, rosemary, thyme, sage, and saffron.
Bay leaf, crumbled	47	Also known as *laurel*. Strong distinctive flavor.
whole	136 (leaves)	
Caraway seed	13	Dill and aniselike flavor.
Cardamom, ground	19	Pungent, lemony flavor. Essential to Indian cookery.
Cayenne (red) pepper	16	Hot, Also known as *red pepper*.
Celery seeds	15	Slightly bitter with a celerylike flavor.
Chervil leaves	90	Delicate flavor of parsley and mild anise.
Chili powder	12	Distinctive flavor in Mexican cookery.
Snipped chives (freeze-dried)	140	Mild onion and garlic flavor.
Cilantro leaves	45	Assertive sage-citrus flavor. Use sparingly.
Cinnamon, ground	20	Distinctive flavor in baked goods. Essential ingredient in *curry* spice blends, *Chinese five-spice powder*.
Cloves, ground	16 (ground)	Strong aromatic spice. Commonly found in spice
	17 (whole)	mixtures including *curry* and *bouquet garni*.
Coriander, ground	20	Citruslike aroma and mild mint flavor. An essential ingredient in *curry, garam masala,* and *pickling spice*.
Cumin	17 (ground)	Potent spicy flavor that tends to dominate food.
	13 (seed)	Used in Mexican, North African, and Indian dishes. Use sparingly.
Curry Powder	14	Distinctive flavor in Indian cuisine.
Dill	13 (seed)	Mild anise-parsley flavor.
	28 (weed)	
Fennel, seed	14	Mild licorice flavor. Common in Italian and Swedish cookery.
Ginger, ground	15	Spicy and pungent.
Mace	15	The lacy covering of the nutmeg seed. Flavor more delicate than nutmeg.
Majoram	20 (ground)	Subtly minty and sweet, similar to oregano.
	57 (leaves)	Essential in Italian cooking.
Mint	50	Popular in Middle Eastern cooking.
Mustard	9 (seed)	Pungent and slightly bitter.
	16 (ground)	
Nutmeg	14	Warm and spicy. Blends well with mace, cardamom, cinnamon, cloves, and ginger.
Oregano	18 (ground)	Minty and sweet. Similar but stronger than oregano.
	45 (leaf)	
Paprika	14	Sweet capsicum flavor.
Parsley flakes	95	Mild, sweet in flavor.
Pepper, black	15	

Pepper, red	14 (ground) 16 (crushed)	Used to season Mexican dishes. Add in small quantities.
Pepper, white	13	Comes from the same pod as black pepper but the outer shell is removed. Milder, more delicate flavor than black pepper.
Pickling spice	15	Spice mixture.
Poppy seed	11	Sweet-nut flavor. Best if toasted before use.
Poultry seasoning	14	Herb and spice mixture.
Pumpkin pie spice	16	Spice mixture.
Rosemary	30 (leaves)	Spicy, strong, pinelike. Use sparingly.
Saffron	40	Expensive spice used to impart a golden color and distinctive flavor to foods. Often used in Spanish rice dishes.
Sage, rubbed	23	Strong flavored with a camphorlike taste. Blends well with rosemary, thyme, parsley, oregano, and bay leaf.
Savory	20	Slightly peppery, sharp and clovelike. Use sparingly.
Sesame seed	14	Distinctive flavor develops if toasted prior to use. Often used in Middle Eastern and Asian cooking.
Tarragon leaves	50	Spicy, aromatic, and sharp. Essential to French cooking.
Thyme	20 (ground) 40 (leaves)	Spicy and clovelike. Use sparingly.
Tumeric	12	Used in small amounts to add a saffronlike color to foods. Used to flavor many African dishes.

Notes

- Spices should be stored in cool (68°F) and dry (humidity 60% or less) environment. Cool storage (32°–45°F) is recommended for paprika, red pepper, chili powder, allspice, cloves, parsley flakes, dill, marjoram, and cumin. Generally, spices should not be held for longer than 3 months. All spices should be kept tightly closed and measured with dry utensils and away from steam.
- Spices and herbs can be creatively combined to enhance the flavor of foods. The art of skillfully adding the right amount of seasonings is basic to successful cookery. Both low-sodium and low-calorie foods can be made more interesting by the addition of spices and herbs.

FRESH HERB USAGE

Arugula (Roquette)

eggs
lamb
pasta
poultry
salads
soufflés
soups

Baby Dill

butters
dressings
eggs
fish
meat
poultry
salads
sauces
soups
vegetables

Basil

eggs
fish
meat
pesto
pizza
poultry
rice
salads
spaghetti sauce
tomatoes
vegetables

Bay Leaves

marinades
meats
poultry
sauces
soups
stew

Chervil

breads
eggs
fish
poultry
salads
soups
vegetables

Chives

butters
cheese
eggs
fish
meat
potatoes
poultry
salads
sauces
soups
vegetables

Cilantro

fish
meat
poultry
salads
salsa

Epazote

chilies
corn
pork
squash
tomatoes

Italian Parsley

fish
pasta
potatoes
poultry
rice
vegetables

Lemongrass

curries
fish
salsa
soups
vinaigrettes

Marjoram

fish
meat
omelettes
pork
poultry
salads
soups

Mint
curries
fruit
lamb
potatoes
poultry
salads
soups

Opal Basil
fish
pesto
poultry
salads
vegetables
vinegars

Oregano
fish
lamb
meat
pasta sauce
pizza
poultry
vegetables

Rosemary
breads
lamb
pizza
pork sausages
potatoes
soup
stews
vegetables

Sage
breads
pork
poultry
sausages
stuffings
vegetables

Savory
beans
chowders
fish
meat
pork
potatoes
poultry
vegetables

Sorrell
eggs
fish
pork
poultry
salads
soufflés
soups

Tarragon
cheese
eggs
meat
poultry
vegetables
vinegars

Thyme
cheese
chowders
eggs
fish
meat
potatoes
poultry
salads
vegetables

Upland Cress
salads
sandwiches
soups

REGIONAL FLAVORINGS

African
Anise
Cinnamon
Coriander
Cumin
Mint
Saffron

Chinese
Anise
Cinnamon
Cloves
Fennel
Garlic
Ginger
Red Pepper
Sesame
Soy Sauce

French
Chives
Fines herbs
Garlic
Marjoram
Rosemary
Shallots
Tarragon
Thyme

German
Caraway seed
Dill seed
Nutmeg
Onion
Paprika
Rosemary

Greek
Bay leaf
Cinnamon
Fennel
Garlic
Lemon
Mint
Oregano

Hungarian
Caraway
Cinnamon
Dill
Paprika
Poppy seed

Indian
Anise
Cardamom
Celery seed
Coriander
Cumin
Curry
Garlic
Ginger
Nutmeg
Red pepper

Indonesian
Caraway
Cinnamon
Cloves
Curry
Garlic
Ginger
Nutmeg
Red pepper

Italian
Basil
Fennel
Garlic
Marjoram
Oregano
Pepper
Sage

Mexican
Achiote
Chile pepper
Cilantro
Coriander
Cumin
Garlic
Lime
Oregano
Red pepper
Sweet pepper

Spanish
Anise
Bay leaf
Cinnamon
Cumin
Garlic
Paprika
Parsley
Saffron

Swedish
Allspice
Bay leaf
Dill
Cardamom
Cinnamon
Mustard
Nutmeg

Herb and Spice Usage for Different Categories of Food

Spice	*Appetizers*	*Soups*	*Meat*	*Seafood*	*Poultry*	*Vegetables*
Allspice	Steamed Shrimp, Liver Paté	Cream Soups, Split Pea, Oyster Bisque	Ham, Pork, Gravy, Marinade, Spiced Beef	Oyster Stew, Shellfish, Poached Fish	Quail, Duck, Goose, Pheasant	Squash, Sweet Potatoes, Carrots
Anise	Oysters Rockefeller	Fish Chowder, Chicken Soup	Veal, Hungarian Goulash, Beef Marinade	Red Snapper, Lobster	Chicken, Duck, Quail	Cabbage, Leeks
Basil	Cheese, Seafood	Minestrone, Clam Chowder	Beef Stew, Lamb, Spareribs, Beef Marinade	Lobster, Shrimp, Squid, Swordfish	Chicken, Turkey Stuffing, Quiche	Sweet Peppers, Eggplant, Potatoes, Zucchini, Tomatoes
Bay Leaf	Paté de Foie Gras	Onion, Bean, Vegetable, Lobster Bisque	Beef Stew, Broth, Beef Marinade	Seafood Stew, Poached Fish, Bouillabaisse	Chicken Pot Pie, Gravy, Marinade	Pickled Vegetables, Ratatouille, Green Beans
Black Pepper	Paté	Gazpacho, Lentil, Minestrone	Steak, Hamburger, Gravy, Pork, Beef Marinade	Poached Fish, Marinade, Calamary	Fried Chicken Batter, Duck	All Vegetables
Caraway	Cheese Spreads, Muenster Cheese	Borscht, Cream Soups	Pork, Meatloaf, Sauerbraten	Shrimp, Crab	Duck, Goose	Cabbage, Carrots, Potatoes, French Fries
Cardamom	Pickled Herring	Chicken Soup, Fish Soup	Lamb, Meatloaf, Hamburger	Trout, Mussels	Roast Chicken	Sweet Potatoes, Fried Eggplant
Celery Seed	Canapés, Cheese Dips, Shrimp Cocktail	Chicken, Potato, Vegetable, Lentil, Fish Chowder	Beef Stew, Pot Roast, Ham, Grilled Beef	Tuna, Shrimp, Oyster Stew	Eggs, Omelettes, Stuffing	Potatoes, Cauliflower, Corn Relish
Chives	Cream Cheese, Canapés, Stuffed Mushrooms	Chicken Soup, Vichyssoise	Pork, Gravy, Lamb	Salmon, Oysters	Omelettes, Quiche	Cucumbers, Baked Potatoes, Potato Pancakes
Cilantro	Ceviche, Guacamole, Salsa	Hot & Sour Soup	Chili con Carne, Beef Stew	Poached Fish, Steamed Fish	Chicken	Onion, Tomatoes, Chili Peppers
Cinnamon	Fresh Fruit	Lamb Soup	Pork, Ham, Beef Stew, Lamb		Fruit Stuffing for Game	Sweet Potatoes, Carrots, Squash
Cloves	Spiced Fruit	Beef Noodle, Beef Vegetable, Cream of Tomato	Ham Glaze, Beef Stew, Gravy		Cornish Hen, Duck, Gravy, Stock	Boiled Onions, Sweet Potatoes, Carrots
Coriander	Corn Pudding	Cream of Chicken, Hot & Sour Soup, Consommé	Pork, Ham, Spareribs, Marinade	Poached Fish, Steamed Fish	Chicken, Duck	Sweet Potatoes, Scalloped Potatoes, Braised Celery
Cumin	Nachos, Cheese, Salsa	Seafood Gumbo, Chili-Bean	Chili con Carne, Sausage, Pork Stew	Fried Shrimp Batter, Deviled Crab	Chicken Stew, Chicken Crocquettes	Sauerkraut, Chili Peppers, Beans
Dill	Sour Cream Dips, Deviled Eggs, Shrimp Paté	Borscht, Lobster Bisque, Tomato	Veal, Grilled Lamb, Pork	All Seafood	Chicken, Omelettes	Cucumbers, Potatoes, Green Beans, Braised Cabbage
Fennel	Shrimp Cocktail, Oysters Rockefeller	Creamed Fish Soup, Fish Chowder	Italian Sausage, Pork, Meatloaf	All Seafood (especially grilled)	Stuffing, Chicken Stew	Sautéed Mushrooms, Spinach, Cabbage
Garlic	Dips, Escargot	Vegetable, Oxtail	Beef, Roast Lamb, Meatballs	All Seafood, Marinade	Chicken, Quail, Pheasant	Green Beans, Zucchini, Potatoes
Ginger	Shrimp, Cheese	Beef Vegetable, Beef Noodle, Hot & Sour Soup	Spareribs, Pork, Marinade	All Seafood	Duck, Poultry Glaze	Sweet Potatoes, Carrots, Stir-Fry Vegetables

Herb and Spice Usage for Different Categories of Food—continued

Sauces	*Salads*	*Dressings*	*Breads*	*Pastas & Grains*	*Desserts*	*Beverages*
Barbecue, Sweet Cream, Creole	Fruit Salad	Fruit Dressing	Pancakes, Waffles, Muffins	Rice	Spice Cake, Angel Food Cake, Pies	Mulled Wine, Tea, Rum Drinks
Tomato		Orange Vinaigrette	Honey Buns, Sweet Rolls, Fritters		Spice Cake, Cookies, Candy	Lemonade, Cordials, Espresso, Hot Milk Punch
Barbecue, Pesto, Tomato	Vegetable Salad, Seafood Salad, Tomato Salad	Italian, Russian, Vinaigrette	Pesto Bread, Zucchini Muffins	Rotini, Rice, Linguini, Spaghetti		Carrot Juice, Tomato Juice
Béchamel, Creole, Tomato, Barbecue		Vinaigrette				
Tomato, Barbecue, Curry	Green Salad	Vinaigrette, Mayonnaise		Carbonara, Fried Rice, Pasta		Tomato Juice
Lemon, Butter, Cream	Coleslaw, Potato Salad	Mayonnaise, Vinaigrette	Biscuits, Rye Bread, Corn Muffins	Risotto	Cookies, Seed Cakes	Kümmel
Curry, Spiced Yogurt	Fruit Salad	Oriental Dressing		Risotto, Rice Pilaf	Ice Cream, Cakes, Pastries, Apple Pie	Coffee, Tea, Glögg, Spiced Wine
Cream, Creole, Tomato	Tuna Salad, Potato Salad, Macaroni Salad	Mayonnaise	Biscuits, Breads, Rolls	Pasta	Pastries	Tomato Juice
Tomato, Cream, Hollandaise	Green Salad, Potato Salad, Macaroni Salad	Green Goddess, Thousand Island	Buttermilk Bread, Bread Spreads, Potato Rolls	Pasta		
Yogurt Sauce, Tomato, Curry		Mexican Dressing	Herb Bread	Lentils, Mexican Green Rice, Chinese Noodles		
Custard Sauce, Yogurt Sauce, Sweet & Sour	Fruit Salad	Fruit Dressing	Rolls, French Toast, Breads	Curried Rice, Risotto	Apple Pie, Chocolate Cakes, Cookies	Coffee, Cider, Mulled Wine, Hot Chocolate
Béchamel, Raisin Sauce, Curry		Fruit Dressing	Cinnamon Bread		Chocolate, Gingerbread, Mincemeat	Fruit Punch, Mulled Wine
Curry, Cream	Potato Salad		Honey-Wheat Bread, Corn Bread	Orzo	Pastries, Cookies, Cakes	Pineapple Juice, Grapefruit Juice
Barbecue, Spiced Yogurt	Bean Salad	Spanish Dressing	Jalapeño Bread, Corn Bread	Rice		Kümmel
Mustard Sauce, Cream, Cucumber Sauce	Macaroni Salad, Potato Salad, Shrimp Salad	Dill Cream, Mayonnaise, Vinaigrette	Rye, Pumpernickel, Bread Spreads	Rice, Pasta		
Cream, Curry	Potato Salad, Shrimp Salad	Mayonnaise, Vinaigrette, Mustard	Cracker, Rolls, Bread Sticks	Risotto Rice	Apple Pie, Candy, Pound Cake	
Tomato, Garlic Butter	Green Salad	Mayonnaise, Vinaigrette, Italian	Garlic Bread, Bread Spreads, Focaccia	Linguini, Spaghetti		
Curry, Soy Sauce, Sweet & Sour			Pastries	Couscous, Rice	Gingerbread, Pudding, Apple Pie	Mulled Wine, Tea, Ginger Beer

Herb and Spice Usage for Different Categories of Food

Spice	Appetizers	Soups	Meat	Seafood	Poultry	Vegetables
Mace	Liver Paté, Cheese	Vichyssoise	Sausage	Potted Shrimp, Oyster Stew	Creamed Chicken, Cornish Hens	Rutabaga, Spinach, Asparagus, Sweet Potatoes
Marjoram	Fried Cheese, Paté, Anchovies	Consommé, Bean, Corn, Split Pea	Lamb, Hamburger, Pork, Veal	Baked Fish, Seafood Breading	Chicken Stuffing, Eggs	Zucchini, Tomato, Carrots, Peas, Lima Beans
Mint	Cucumber-Yogurt Dip	Fruit Soup, Split Pea	Lamb Stew, Venison		Marinade	Peas, Potatoes, Cucumbers
Mustard	Deviled Eggs, Meatballs, Ham Spread	Creamed Seafood	Ham Glaze, Beef, Sausage, Cold Meat	Baked Fish, Crab		Baked-Mashed Potatoes, Cabbage, Sauerkraut
Nutmeg	Fruit	Mushroom Soup	Pot Roast, Meatloaf, Ham		Fried Chicken Batter, Turkey Stuffing	Spinach, Carrots, Sweet Potatoes, Braised Cabbage
Oregano	Fried Cheese, Paté, Salsa Meatballs	Corn Soup, Vegetable Soup, Consommaé	Pork, Veal, Lamb, Hamburger	Seafood Breading, Baked Fish	Chicken Stuffing	Zucchini, Tomatoes, Carrots, Green Beans
Paprika	Deviled Eggs, Nachos, Potted Cheese	Minestrone, Seafood Soup, Chowder	Goulash, Veal, Sausage, Meatloaf	Seafood Breading, Baked Fish, Shellfish	Chicken Stuffing	Potatoes, Cabbage, Mushrooms, Cucumbers
Parsley	Canapés, Deviled Eggs	Vegetable Soup, Chicken Soup	Meatballs, Hamburger, Veal	Shellfish, Baked Fish	Chicken	Zucchini, Potatoes, Tomatoes, Green Beans
Poppy Seed	Cheese			Broiled Fish, Tuna Casserole	Turkey Stuffing	Green Beans, Onions, Tomatoes
Red Pepper	Deviled Eggs	Hot & Sour Soup	Sausage	Crab Cakes, Shrimp	Omelettes, Chicken	
Rosemary		Consommé	Lamb, Pork, Venison, Meatballs, Marinade	Baked Fish, Shrimp	Chicken, Quail, Pheasant, Goose, Cornish Hen	Eggplant, Turnips, Squash, Potatoes
Saffron		Chicken Soup, Fish Soup	Lamb	All Seafood	Chicken Stew, Scrambled Eggs	
Sage	Cheese, Country Paté	Consommé, Minestrone	Sausage, Ham, Lamb, Veal, Venison	Seafood Stuffing, Trout	Stuffing, Quail, Duck, Goose, Pheasant	Acorn, Squash
Savory	Goat Cheese	Lentil, Bean, Split Pea	Stuffing, Veal, Gravy, Hamburger, Meatloaf	Baked Fish, Sea Bass	Stuffing, Chicken, Turkey, Eggs	Onions, Peas, Green Beans, Navy Beans
Sesame	Hummus Dip		Beef, Pork, Hamburger, Lamb	Baked Fish, Shrimp, Scallops	Chicken	Vegetable Stir-Fry, Green Beans
Tarragon	Mushroom Caps	Turtle Soup, Fish Chowder	Steak, Beef Stew, Marinade	Lobster, Shrimp	Cornish Hens, Marinade, Chicken, Eggs, Omelettes	Mushrooms, Stuffed Tomatoes
Thyme		Oxtail, Consommé	Sauerbraten, Pork, Lamb, Marinade	Baked Fish, Seafood Stuffing	Stuffing, Chicken, Fried Chicken Batter	Potatoes, Tomatoes Zucchini
Turmeric	Deviled Eggs	Chicken Noodle, Lentil		Shrimp, Scallops	Chicken, Eggs	
White Pepper	Veal Paté	Consommé, Vichyssoise		Baked Fish	Chicken, Turkey	Potatoes

Herb and Spice Usage for Different Categories of Food

Sauces	*Salads*	*Dressings*	*Breads*	*Pastas & Grains*	*Desserts*	*Beverages*
Chicken Cream, Béchamel					Chocolate, Vanilla Pudding, Gingerbread	Wassail, Chocolate Drinks
Barbecue, Tomato, Butter	Cucumber-Yogurt Salad	Oil & Vinegar, French, Italian	Bread Sticks, Pizza, Herb Bread	Spaghetti, Pasta Orzo		
Sweet Sauce, Yogurt Sauce, Mint Sauce	Cucumber Salad	Fruit Dressing, Yogurt Dressing, Cranberry Dressing	Minted Yogurt Bread	Bulgar, Orzo	Candy, Chocolate	Iced Tea, Mint Julep, Hot Chocolate
Cheese, Sour Cream, Lemon-Mustard Yogurt Sauce	Coleslaw	Vinaigrette, Mayonnaise, Rémoulade				
Cream Mushroom Sauce, Béchamel		Creamy Dressings	Cinnamon Rolls	Tortellini, Ravioli	Rice Pudding, Custard Cakes, Soufflés	Egg Nog, Brandy Alexander, Punch
Barbecue, Tomato, Butter	Tomato & Onion Seafood Salad	Oil & Vinegar, French, Italian	Cheese Bread, Pizza, Bread Sticks	Pasta, Rice, Ravioli		
Barbecue, Cream, Yogurt		French, Russian	Garlic Bread, Muffins	Lasagne, Rice, Orzo		
Tartar Sauce, Béarnaise, Tomato	Tuna or Egg Salad, Macaroni Salad, Green Salad	Mayonnaise, Italian, Ranch, Vinaigrette	Garlic Bread	Pasta, Orzo		
Curry, Butter	Fruit Salad	Oil & Vinegar, Blue Cheese	Rolls, Breads, Crackers	Egg Noodles, Rice	Cakes, Cookies Pastry Filling, Apple Strudel	
Barbecue, Tomato-Anchovy		Mayonnaise, Thousand Island	Pizza, Corn Muffins	Rice, Tabbouleh		Tomato Juice, Bloody Mary
Tomato, Cheese	Cold Beef Salad	Vinaigrette	Spoon Bread, Herb Bread, Pizza	Pasta, Lentils		
Seafood Saffron, Vegetable Cream, Tomato			Rolls, Biscuits, Sweet Breads	Rice, Risotto, Orzo	Cakes, Rice Pudding, Cookies	
Tomato		Herb Dressing	Sage Bread, Rolls	Risotto, Fetuccine		
Tomato, Horseradish			Savory Rolls, Herb Bread	Lentils, Egg Noodles		
Hoisin Sauce, Peanut Sauce	Green Salad	Mayonnaise, Tahini Dressing	Buns, Rolls, Waffles, Breads	Egg Noodles, Rice, Bulgar	Cookies, Pie Pastry, Pecan Pie	
Rémoulade, Béarnaise, Tartar, Mustard Sauce	Shrimp Salad, Tomato Salad	Mayonnaise, Vinaigrette, Green Goddess	Herb Bread	Pasta, Orzo	Rhubarb Compote	
Tomato, Thyme Pesto		Vinaigrette	Bread Spreads, Herb Rolls	Pasta, Rice		Mulled Wine
Cream, Yogurt Caper Sauce, Satay	Egg Salad	Mayonnaise, Creamy Dressings	Breads	Rice, Egg Noodles		
Béchamel Cream		Mayonnaise, Vinaigrette		Rice, Egg Noodles		Vegetable Juice

From McCormick Food Service Division.

Edible Flowers

Edible flowers	*Taste*	*Description*
Bachelor's Buttons	Bland	Pink, white, blue, and purple. 1-inch flowers.
Carnations, Mini	Bland to Bitter	Wide variety of colors.
Chive Blossoms	Mild onion	Blue to lavender ball shaped. 1-inch diameter on a 3-inch stem.
Daisies	Bland	White or yellow petals with a yellow center. 1-inch diameter.
Nasturtiums	Radish and Pepper	Orange, yellow, rust, or red flowers. 1-inch diameter.
Pansies	Bland	Flat, multi-colored flowers. 1–2 inches diameter.
Roses, Mini	Rose	Orange, red, pink, yellow.
Snapdragons	Slightly bitter	Yellow, pink, red, orange, white. Peanut shaped.
Violas	Bland	Purple and yellow flowers. Dime sized.

Natural Spice Blends

Bouquet Garni

Whole Marjoram	4 Tbsp
Whole Thyme	3 Tbsp
Parsley	2 Tbsp
Ground Bay Leaf	¼ tsp

Garam Masala

Ground Coriander	7 Tbsp
Ground Cumin	10 Tbsp
Ground Cinnamon	4 tsp
Ground Cardamon	4 tsp
Ground Black Pepper	2 tsp
Ground Cloves	2 tsp
Ground Mace	2 tsp
Ground Bay Leaf	½ tsp

Quatre-Epices

Black Pepper	7 Tbsp
Ground Nutmeg	8 tsp
Ground Cloves	4 tsp
Ground Ginger	4 tsp

Fines Herbes

Parsley	3 Tbsp
Chives	3 Tbsp
Chervil	1 Tbsp
Tarragon	1 Tbsp

Herbes de Provence

Whole Thyme	4 Tbsp
Whole Marjoram	8 tsp
Basil Leaves	8 tsp
Fennel Seed	4 tsp
Rosemary	4 tsp
Sage Leaves	4 tsp

From McCormick Food Service Division.

APPENDIX C

Potentially Hazardous Foods

A potentially hazardous food is any food that can support rapid bacterial growth and cause foodborne illness. Foods excluded from the definition are those with a pH below 4.6 (acid foods) and those below a water activity (aw) of 0.85 (dried, salted, or sugared foods). Examples of potentially hazardous foods are listed below.

Beans (cooked)
Bread dressing or stuffing
Cheese (soft, unripened, and ripened hard cheeses that have been cut or opened)
Cream-filled products
Custards
Eggs and egg products
Fish and shellfish
Garlic (fresh garlic in oil products)
Gravies
Meat and meat products
Milk and milk products
Onions, reconstituted
Pasta (cooked)
Pastries (meat, cheese, and cream-filled)
Pies (meat, fish, poultry, cream, custard, pumpkin)
Potatoes (cooked)
Poultry
Rice (cooked)
Sauces (hollandaise, cream)
Seed sprouts
Squash, winter (cooked)
Soups (creamed and broth)
Tofu

APPENDIX D

Evaluating Food for Quality

CRITERIA FOR EVALUATING FOOD PRODUCTS DURING PREPARATION AND SERVICE

Taste

(a) Seasonings are balanced.

(b) Food production methods are appropriate.

(c) Appropriate quality of ingredients are used.

(d) Flavor profile of the finished product is characteristic of ingredients.

Proper cooking and holding

(a) Food Science principles are followed.

- Meats, poultry, and fish are cooked just until correct end-point temperatures are reached.
- Vegetables are bright.
- Starches are cooked just until done (*al dente*).
- Sauces are smooth and have the correct consistency.

(b) HACCP principles are followed.

Presentation

(a) Portion sizes are correct and uniform.

(b) Foods are presented or arranged in an attractive manner.

(c) Foods being served together are complimentary in color, texture, consistency, form, and methods of preparation.

Serving temperature

(a) Hot foods are served hot (warmed plates when possible).

(b) Cold foods are served cold (chilled plates/bowls when possible).

EXAMPLES OF QUALITY STANDARDS FOR SELECTED FOOD PRODUCTS

Bread

- *Banana Bread* The top should be slightly rounded, pebbly, with a shallow crack down the middle section, and with a medium brown tender crust. The bread should have an even grain, free from tunnels, a light and tender texture with a moist, beige-colored crumb and dark brown banana flecks. The flavor should be sweet and mild with a characteristic banana flavor.
- *Muffins* The crust should be crisp, shiny, pebbly, and golden brown. The top should be rounded but not peaked. The volume should be large when compared to weight. The crumb should be moist, light, and tender with a slightly coarse, even grain and no tunnels. Flavor should be slightly sweet and characteristic of the nuts, fruit, spices, and other flavorings used.
- *French Bread* The crust should be crisp, smooth, tender, and relatively thin with an even, golden brown color. The loaf should be symmetrically shaped. The grain should be fine and even with uniform thin cell walls. The crumb color should be creamy white and the texture moist, soft, elastic, and resilient with a nutlike flavor.

Desserts

- *White Cake* The crust should be thin, soft, and a uniform golden brown. A slightly rounded top should be smooth and free from cracks. The grain should have small, uniform, and evenly distributed

thin-walled cells. The crumb should be resilient, soft, and velvety. The cake should be light, tender, and moist. The flavor should be delicately sweet and well blended.

- *Cherry Pie Crust:* Texture should be crisp, flaky, tender. Both crusts should be rolled thin. The appearance of the top crust should be blistery with a soft luster. The color should be light and golden, with brown deepening slightly toward the edges. The flavor is pleasantly bland with a characteristic flavor depending on proportion of salt and kind of fat used.

  Cherry Pie Filling: Cherries should be a rich, bright, shiny, red color in a transparent, smooth, thickened sauce. Whole cherries should be obvious. Fruit filling should ooze out gently from between the crusts when served. The pie should have a sweet-tart flavor, characteristic of red sour cherries.

Entrees

- *Beef Pot Pie* The pastry top crust should be golden brown, crisp, and flaky. The vegetables should be bright and colorful and the meat a characteristic brown. Bite-size pieces of meat and vegetables should be tender but not mushy. The vegetables and meat should be evenly distributed in a smooth, medium thick, beef-flavored sauce that flows slowly when spooned onto a plate. The beef and vegetables flavors should be characteristic and seasonings balanced.
- *Chili* The color of the ground beef and beans should be a deep red-brown tomato color with the meat and beans mixed evenly throughout the mixture. The meat should be moist, not dry or crumbly, and the beans tender yet firm. The size of the meat pieces should be the same as the beans or a little smaller. The flavor should be distinct with meat, tomatoes, chili powder, and other seasonings well blended. The chili should be a thick sauce consistency that flows easily when ladled into a bowl.
- *Lasagna* The top should have tomato red color. The layers should be distinctive with alternating layers of meat mixture, pasta, and cheese. The noodles should be tender yet hold their shape. The spicy tomato-beef flavor of the meat mixture should blend well with the cheeses and pasta. Lasagna servings should hold their shape with the layers identifiable.

Soups

- *Beef Rice Soup* The transparent brown beef broth stock should possess body and may have a slight sheen due to dispersed fat globules from the meat. The browned stew meat should be tender with a distinct beef flavor. The bite-size celery, finely chopped onions, and rice should be tender yet firm enough to hold their shape. Flavor should be a blend of the characteristic flavors of the ingredients and seasonings.
- *Cream of Vegetable Soup* The thin white sauce base should be an off-white opaque color, with the characteristic color of the vegetables distributed throughout. The soup should be smooth, coating a spoon lightly. The vegetables should be finely chopped, retaining a slightly crisp but tender bite. The flavor should be mild with a blend of the characteristic flavors of the ingredients and seasonings.

Vegetables/Starches

- *Scalloped Potatoes* The potato slices should be uniform in size, about 2 inches in diameter and ⅛ inch thick. A creamy white sauce that contains tender, very finely chopped onions should cling to the tender yet firm, white, slightly opaque potatoes. The served product should form a barely rounded mass that spreads slightly. The mild potato flavor should be pleasant and blend with the delicate mild cooked flavor of the sauce. Seasonings should enhance the flavor of the potato-sauce mixture.
- *Harvard Beets* The product should possess a deep-toned red color, with the beet slices having a tender yet firm texture, round shape, and smooth surface. The sauce should be a flowing gelatinous glaze with deep, red translucence. The beets should be evenly glazed and readily discernable. Flavor should be well blended and mildly sweet with a slightly sour sensation.

Product standards help production personnel visualize what a quality product should represent in terms of color, consistency, flavor, form, and texture. Descriptors for all categories may not be applicable to every product.

APPENDIX E

Food Customs of Different Religions

Catholics

Abstain from eating meat on Ash Wednesday, Good Friday, and all Fridays during Lent.

Church of Jesus Christ of the Latter Day Saints (Mormon)

Do not drink beverages with caffeine or alcohol.

Hindus

Do not eat beef. Do not drink alcoholic beverages.

Jews

Abstain from pork or fish without scales or fins. Some Jews may eat only kosher foods. Leavened bread, products containing leavened bread, or cereal products that could ferment may not be eaten during Passover.

Muslims

Do not eat pork. Do not drink alcoholic beverages.

Protestant sects (some)

Do not drink alcoholic beverages.

Seventh-Day Adventists

Do not eat meat.

Glossary of Menu and Cooking Terms

à la (ah lah) French. In the manner of.

à la carte (ah lah cart´) French. On the menu, but not part of a meal, usually prepared as ordered and individually priced.

à la king French. Served in cream sauce containing green pepper, pimiento, and mushrooms.

à la mode (ah lah mohd´) French. When applied to desserts, means with ice cream. *À la mode, boeuf,* a well-larded piece of beef cooked slowly in water with vegetables, similar to braised beef.

al dente (al den´ tay) Italian. The point in cooking pasta at which it is still fairly firm to the bite. The term is sometimes used interchangeably with tender crisp when referring to vegetables.

allemande (ahl mahnd´) French. A smooth yellow sauce consisting of white sauce with the addition of cream, egg yolk, and lemon juice.

allumette A small matchstick cut, 1/8 × 1/8 × 1–2 inches.

amandine Served with almonds.

amaranth Small grain about the size of a poppy seed. High in protein. Doubles when cooked in liquid.

antipasto (ahn tee pahs´ toe) Italian. Appetizer; a course consisting of relishes, vegetables, fish, or cold cuts.

AP As purchased weight. The weight of an item before trimming or other preparation (as opposed to edible portion weight, or EP).

appetizer A small portion of hot or cold food usually served as a first course.

aromatics Herbs and spices used to enhance the flavor and fragrance of food.

arroz (ah ros´) The Spanish-American word for rice.

aspic A jellied meat juice or liquid held together with gelatin.

au gratin (oh grah´ ton) French. Made with crumbs, scalloped. Often refers to dishes made with cheese sauce.

au jus (oh zhu´) French. Meat served in its natural juices or gravy.

bake To cook in the oven by dry heat.

barbecue To cook on a grill or spit over hot coals, or in an oven, basting intermittently with a highly seasoned sauce.

bar-le-duc (bahr luh dük´) French. A preserve made of currants and honey. It frequently forms a part of the cheese course.

barley Grain low in gluten and high in protein. Quadruples when cooked in liquid.

baron Double sirloin of beef.

baste To moisten meat while roasting to add flavor and to prevent drying of the surface. Melted fat or meat drippings may be used for basting.

batch cooking Dividing the estimated amount needed into smaller quantities and cooking as required to meet the demand.

baton/batonnet A small stick cut, 1/4 × 1/4 × 2–2 1/2 inches.

batter Flour and liquid mixture, usually combined with other ingredients, thin enough to pour or drop from a spoon.

béarnaise (bay ar nayz´) French. Sauce of clarified butter, egg yolks, vinegar or white wine, onion, and spices.

beat To mix ingredients with a rotating motion, using spoon, wire whip, or paddle attachment to mixer.

béchamel (bay sha mel´) French. A cream sauce made with equal part of chicken stock and cream or milk.

beurre (buhr) French. Butter.

beurre blanc (buhr blanhk) French. A light colored butter sauce made from butter, shallots, and white wine. May be finished with fresh herbs or other seasonings. Often called "white butter."

beurre composé (burr kom-poz-a) Softened butter with flavorings added. Also known as compound butter.

beurre manié (burr man-yay) A well-blended mixture of 50% softened butter and 50% flour (by weight). Used to thicken and give added sheen and flavor to soups and sauces.

beurre noir (burr nwor) Butter browned in a pan until dark, sometimes flavored with vinegar. Often called "black butter."

beurre noisette (burr nwah-zett) Butter heated in a pan until lightly browned. Often called "hazelnut butter" or "brown butter."

beurre rouge (burr rooge) A reddish colored butter sauce made from butter, shallots, and red wine.

bran The high fiber, outer layer of a cereal grain.

brine A mixture of salt, water, and seasonings used to preserve food.

bisque (bisk) French. A thick soup usually made from fish or shellfish. Also a frozen dessert. Sometimes defined as ice cream to which finely chopped nuts are added.

blanch To dip briefly in boiling water.

blanquette (blang ket´) French. A white stew usually made with veal, lamb, or chicken.

blend To thoroughly mix two or more ingredients.

bleu (bluh) French. Blue.

boeuf (buff) French. Beef. *Boeuf à la jardinie`re* (buff a lah zhar de nyoyr), braised beef with vegetables; *boeuf roti* (buff rotee), roast beef.

boil To cook foods in water or a liquid in which the bubbles are breaking on the surface and steam is given off.

bombe (bahm) French. A frozen dessert made of a combination of two or more frozen mixtures packed in a round or melon-shaped mold.

bordelaise (bor d´layz´) French. Of Bordeaux. *Sauce bordelaise*, a sauce with Bordeaux wine as its foundation, with various seasonings added.

borscht (borsht) Russian. A soup made with beets and served with thick sour cream.

bouillabaisse (boo yah bes´) French. A highly seasoned fish soup made with two or more kinds of fish.

bouillon (boo yon´) French. Clear meat stock.

bouquet (boo kay´) Volatile oils that give aroma.

bouquet garni (boo kay´ garnee´) French. Herbs and spices tied in a cloth bag, used for flavoring soups, stews, and sauces, then removed after cooking is completed.

bourguignon (bohr ghee n´yang´) French. In the Burgundy style, especially a beef stew made with red wine (for which burgundy is noted), mushrooms, salt port, and onions.

braise (brays) French. To brown in a small amount of fat, cover, add a small amount of liquid, and cook slowly.

bread To coat food with an egg-milk mixture and then bread crumbs before frying.

brew To cook in liquid to extract flavor, as with beverages.

brioche (bree ohsh´) French. A slightly sweetened rich bread used for rolls or babas.

brochette, à la (bro shet´) French. Food arranged on a skewer and broiled.

broil To cook over or under direct heat, as in a broiler or over live coals.

broth A flavorful liquid obtained from the simmering of meats and/or vegetables.

brunoise (broo-nwah) Foods cut into cubes, $^1/_8 \times ^1/_8 \times ^1/_8$ inch. Foods are garnished with brunoise-size cut vegetables.

buckwheat Seed of a plant related to rhubarb. Marketed as buckwheat flour and kasha (roasted buckwheat groats).

buffet (boo fay´) French. A table displaying a variety of food.

bulgur Wheat that is parched, steamed, and dried before being ground.

butterfly cut Boneless meat, fish, or shrimp cut nearly in half lengthwize and spread open like the wings of a butterfly to increase surface area and shorten cooking time.

cacciatore (ca chi a tor´ ee) Italian. Stewed with tomatoes, onion, and garlic.

café au lait (ca fay´ oh lay´) French. Coffee with hot milk.

café noir (ca fay´ nwar) French. Black coffee, after-dinner coffee.

canapé (can ah pay´) French. An appetizer of meat, fish, egg, or cheese arranged on a bread base.

candy To preserve or cook with heavy syrup.

caper (kay´ per) Small pickled bud from wild caper bush; used in salads and sauces.

caramelize To heat sugar until a brown color and a characteristic flavor develops.

carte au jour (kart o zhur´) French. Bill of fare or menu for the day.

caviar (cav ee ar´) French. Salted roe of sturgeon or other large fish. May be black or red.

chantilly (shang te´ ye) French. Foods containing whipped cream.

charlotte (shar´ lot) French. Dessert with gelatin, whipped cream, fruit, or other flavoring, in a mold, garnished with lady fingers.

chiffonade (shee´ fahn ahd) French. With minced or shredded vegetables, as in salad dressing.

chill To refrigerate until thoroughly cold.

chop To cut food into fairly fine pieces with a knife or other chopping device.

choux paste (shoo paste) French. Cream puff batter.

chowder A thick soup of fish or vegetables and milk.

chutney (chut´ ni) A sweet and sour condiment made of fruits and/or vegetables cooked with sugar, spices, and usually vinegar.

cilantro The pungent leaf of the coriander plant, also known as *Chinese parsley.* Used to season Oriental and Mexican foods.

clarified butter Melted butter from which the milk and water have been removed leaving pure butterfat. Clarification raises the smoke point of butter.

clarify Make clear by skimming or adding egg white and straining.

cloche (klosh) French. Bell, dish cover. *Sous cloche* (soo klosh), under cover.

coat To cover entire surface with flour, fine crumbs, sauce, batter, or other food as required.

cocktail An appetizer, either a beverage or a light, highly seasoned food, served before a meal.

coddle To simmer gently in liquid for a short time.

compote (kom´ poht) French. Mixed fruit, either raw or stewed in syrup; a stemmed serving dish.

compound butter Butter combined with herbs or other seasonings and used to sauce vegetables and grilled or broiled meats. Also known as beurre composé.

condiment An aromatic mixture, such as pickles, chutney and some sauces and relishes, that accompanies food.

convection A method of heat transfer in which heat is transmitted through the circulation of air.

converted (parboiled) rice A specially processed long grain rice that has been partially cooked under steam pressure, redried, then milled and polished.

consommé (kon so may´) French. A clear broth that has been clarified, usually made from two or three kinds of meat.

coulis (koo-lees) A sauce made from a puree of vegetables or fruit.

court bouillon (cor boo yon´) French. Water simmered with seasonings, vegetables, and vinegar or wine. Used for poaching vegetables, fish, and shellfish.

couscous Pellets of semolina usually cooked by steaming.

cream To mix fat and sugar until soft and creamy.

crème anglaise (crem ahn-glas) Vanilla custard sauce. Also called stirred custard.

crème chantilly (crem chan-tee) Whipped heavy cream flavored with sugar and vanilla.

crème fraishe (crem fresh) Very heavy cream (35% butterfat), cultured to give it a thick consistency and a slightly tangy flavor; similar to sour cream but not as acidic.

creole (kre´ ohl) French. Foods containing meat or vegetables with tomatoes, peppers, onions, and other seasonings.

crepe (krayp) French. Thin, delicate pancake, often rolled and stuffed, served as appetizer, entree or dessert. *Crepe suzette,* a small, very thin and crisp pancake served for tea or as dessert.

crisp To make foods firm and brittle, as in chilling vegetables or heating cereals or crackers in the oven to remove excessive moisture.

critical control point A step during the processing of food when a mishandling or temperature mistake can result in the transmission, growth, or survival of pathogenic bacteria.

croissant (krwa sang´) French. Crescent; applied to rolls and confectionery of crescent shape.

croquette (crow ket´) Mixture of chopped, cooked meat, poultry, fish, or vegetables bound with thick cream sauce, shaped, breaded, and fried.

croustade (krus tad´) A toasted case or shell of bread.

croute, en (awn croot) A food encased in a bread or pastry crust.

croutons (kroo tons) Bread cubes, toasted, for use in garnishing soups and salads.

crudités (croo dee tays´) French. Raw vegetables.

cube To cut into 1/2-inch squares.

curry (kur´ ee) Highly spiced condiment from India, a stew seasoned with curry.

cut in To cut a solid fat into flour with knives or mixer until fat particles are of desired size.

cutlet Thin slice of meat, usually breaded, for frying; also coquette mixture made in a flat shape.

deep fry To cook in fat deep enough for food to float.

deglaze To dilute and wash down pan juices by adding liquid.

de la maison (de lah may zon´) French. Specialty of the house.

demitasse (deh mee tahss´) French. Small cup of black coffee served after dinner.

dice To cut into 1/4-inch cubes.

dot To scatter small bits of butter or margarine over surface of food.

dough A mixture of flour, liquid, and other ingredients, thick enough to roll or knead.

drawn butter Melted butter.

dredge To thoroughly coat a food with flour or other fine substance.

drippings Fat and liquid residue from frying or roasting meat or poultry.

du jour (doo zhoor´) French. Of the day, such as soup of the day.

dust To sprinkle lightly with flour.

eau (oh) French. Water.

eclair (ay klair´) French. Finger-shape cream puff pastry filled with whipped cream or custard.

egg and crumb To dip a food into diluted, slightly beaten egg and dredge with crumbs. This treatment is used to prevent soaking of the food with fat or to form a surface easily browned.

egg wash A mixture of beaten eggs (whites, whole eggs, yolks) and liquied (milk or water), used to coat bread dough prior to baking, to add sheen.

emulsion A mixture of two or more liquids, one of which is a fat or oil and the other is waterbased, so that tiny globules of one are suspended in the other. Emulsions may be temporary, permanent, or semipermanent.

enchilada (en chee lah´ dah) Mexican. Tortillas filled and rolled, served with sauce.

en cocotte (ahn ko cot´) French. In individual casserole.

entree (ahn´ tray) French. The main course of a meal or a single dish served before the main course of an elaborate meal.

EP Edible portion. The weight of an item after trimming and preparation (as opposed to AP weight, or as purchased weight).

espagnole (ays pah nyol´) French. Brown sauce.

farci (far´ see) French. Stuffed.

fermentation The breakdown of carbohydrates into carbon dioxide gas and alcohol, usually through the action of yeast on sugar.

filé (fee-lay) A seasoning and thickening agent made from dried, ground sassafras leaves. Used primarily in gumbos.

filet or fillet (fee lay´) French. A boneless cut of meat, fish or poultry.

fines herbes (fen zerb´) French. A mixture of herbs, usually parsley, chervil, tarragon, and chives.

flake To break into small pieces, usually with a fork.

flan In France, a filled pastry; in Spain, a custard.

flambé (flam bay´) French. To flame, using alcohol as the burning agent.

florentine A food containing or placed upon spinach.

fold in To blend ingredient into a batter by cutting vertically through the mixture, and turning over and over by sliding the implement across the bottom of the mixing bowl with each turn.

fork tender A test for doneness. When foods are fork tender, they should be easily pierced or cut by a fork.

frappé (fra pay´) French. Mixture of fruit juices frozen to a mush.

french fry To cook in deep fry.

fricassee (frik a see´) To cook by browning in a small amount of fat, then stewing or steaming; most often applied to fowl or veal cut into pieces.

frijoles (free hol´ ays) Mexican. Beans cooked with fat and seasonings.

frittata (free-tah-ta) An open faced omelet.

fritter A deep-fat fried batter containing meat, vegetables, or fruit.

frizzle To pan fry in a small amount of fat until edges curl.

froid (frwä) French. Cold.

fry To cook in hot fat. The food may be cooked in a small amount of fat (also called *sauté* or *pan fry*), or in a deep layer of fat (also called *deep-fat fry*).

garam masala A spice blend made from roasted and ground spices. Used often in East Indian dishes.

garde-manger (garhd e mah zha´) French. Pantry chef/station. Responsible for cold food preparation.

garni (garnee´) French. Garnish. An edible decoration or accompaniment to a food item.

gelatinization A phase in the process of thickening a liquid with starch in which starch molecules swell to form a network that traps water molecules.

glacé (glah say´) French. Iced, frozen, or coated with sugar syrup.

glaze To make a shiny surface. In meat preparation, a jellied broth applied to meat surface; in breads and pastries, a wash of egg or syrup; for doughnuts and cakes, a coating with a sugar preparation.

gluten An elastic protein formed when hard wheat flour is moistened and agitated. Gluten gives yeast doughs their elasticity.

goulash (goo´ lash) Hungarian. Thick beef or veal stew with vegetables and seasoned with paprika.

grand sauce One of several basic sauces that are used in the preparation of many other small sauces. The grand sauces are: demi-glace, veloute, béchamel, hollandaise, and tomato. Also called mother sauce.

grate To rub food against grater to form small particles.

grantinée (grah teen ay´) French. To brown a food sprinkled with cheese or bread crumbs; or a food covered with a sauce that turns brown under a broiler flame or intense over heat.

grease To rub lightly with fat.

griddle A heavy metal surface, which may be either built into a stove or heated by its own gas or electric elements. Cooking is done directly on the griddle.

grill To cook by direct heat. May be open grid over a heat source or on a flat cooking surface such as a griddle.

grind To change a food to small particles by putting through grinder or food chopper.

grits Coarsely ground corn, served either boiled or boiled and then fried.

gumbo A rich, thick Creole soup containing okra or filé.

HACCP (Hazard Analysis Critical Control Points). An established plan and monitoring system used to minimize or prevent a safety risk or hazard as food moves through a foodservice facility. Requires establishing standards and controls for time and temperature, and safe handling practices.

herbs Aromatic plants used for seasoning and garnishing of foods.

hollandaise (hol´ ahn days) French, of Dutch origin. Sauce of eggs, butter, lemon juice, and seasonings; served hot with fish or vegetables.

hors d'oeuvre (oh durv´) French. Small portions of food served as appetizers.

infusion To steep an aromatic or other item in liquid to extract the flavor.

IQF Individually quick frozen.

Italienne (e tal yen´) French. Italian style.

jalapeño A hot pepper used for seasoning Mexican food.

jardinière (zhar de nyayr´) French. Mixed vegetables in a savory sauce or soup.

jicama Tuberous root used in salads.

julienne (zhu lee en´) French. Food cut into small stick-shape pieces, approximately $\frac{1}{8} \times \frac{1}{8} \times 1$–2 inches.

jus (zhoo) French. Juice or gravy.

jus lié (zhew lee-ay) An arrowroot or cornstarch thickened brown sauce often used as a demi-glace.

kasha Roasted buckwheat groats (the culled crushed seed).

kebobs Marinated meat and vegetables cooked on skewers.

kippered Lightly salted and smoked fish.

knead To work dough with a pressing motion accompanied by folding and stretching.

kolach (ko´ lahch) Bohemian. Fruit-filled bun.

kosher (ko´ sher) Food handled in accordance with the Jewish religious customs.

kuchen (koo´ ken) German. Cake, not necessarily sweet.

lait (lay) French. Milk.

lard To insert small strips of fat into or on top of uncooked lean meat or fish to give flavor or prevent dryness.

lebkuchen (lab koo´ ckhen) German. Famous German cake; sweet cake or honey cake.

leek Seasoning vegetable resembling a large spring onion with wide leaves, always cooked.

legumes The seeds of certain plants, including beans and peas, which are eaten for their earthy flavor and high nutritional value.

limpa Swedish rye bread.

liqueur Sweet and syrupy alcoholic beverage made by mixing or redistilling liquor with fruits, flowers, spices, or other flavorings. Also known as a crodial.

liquor An alcoholic beverage made by distilling grains or other foods.

lox Yiddish. Smoked salmon.

lyonnaise (lee´ oh nayz) French. Seasoned with onions and parsley, as lyonnaise potatoes.

macédoine (mah say dwan´) French. Mixture or medley of cut vegetables or fruits cut in uniform pieces.

maitre d'hôtel (mai tre doh tel´) French. Steward. *Maître d'hôtel butter,* a well-seasoned mixture of butter, minced parsley, and lemon juice.

marinade (mah ree nahd´) French. Mixture of oil, acid, and seasonings used to flavor and tenderize meats and vegetables; French dressings often used as marinades.

marinate To steep a food in a marinade long enough to modify its flavor.

marzipan (mahr´ zi pan) Powdered sugar and almond paste colored and formed into fruit and vegetable shapes.

mask To coat a food with a thick sauce before it is served. Cold foods may be masked with a mayonnaise mixture or white sauce, which gels after chilling.

medallion A small, round piece of meat or fish.

melt To liquify by the application of heat.

meringue (mah rang´) Stiffly beaten egg white and sugar mixture used as a topping for pies or other desserts; or formed into small cakes or cases and browned in the oven.

merunière, à la (meh nyair´) French. Floured, sautéed in butter and served with butter sauce and lemon and sprinkled with chopped parsley; usually refers to fish.

Milanaise (me lan ayz´) French. Food cooked in a style developed in Milan, Italy. Implies the use of pasta and cheese with a suitable sauce, often béchamel.

mince To chop food into very small pieces—not so fine and regular as grinding, yet finer than those produced by chopping.

minestrone (mee ne stroh´ nay) Italian. Thick vegetable soup with beans and pasta.

mirepoix (meer´ pwa) French. Mixture of chopped vegetables used in flavoring soup stock, usually 25% carrots, 50% onions, and 25% celery.

mise en place (meez oh plahss´) French. The preparation, organization, and setup before production. Term means "everything in place."

mix To combine two or more ingredients by stirring.

mocha (moh´ ka) Coffee flavor or combination of coffee and chocolate.

mollusks Shellfish with soft body and no internal skeleton and a hard outer shell.

monosodium glutamate (MSG) White crystalline material made from vegetable protein, used to enhance flavor of food.

Mornay (mohr nay´) French. Sauce of thick cream, eggs, cheese, and seasonings.

mousse (moose) French. Frozen dessert with fruit or other flavors, whipped cream and sugar; also a cold dish of pureed chicken or fish with egg whites, gelatin, and unsweetened whipped cream.

mulligatawny (mul i ga taw´ ni) A highly seasoned thick soup, of Indian origin, flavored with curry powder and other spices.

napoleons Puff pastry kept together in layers with a custard filling, cut into portion-size rectangles, and iced.

Neopolitan (also *harlequin* and *panachée*) Molded dessert of two to four kinds of ice cream or ices arranged in layers.

Nesselrode pudding Frozen dessert with a custard foundation to which chestnut puree, fruit, and cream have been added.

Newburg, à la Creamed dish with egg yolk added, flavored with sherry; most often applied to lobster, but may be used with other foods.

noisette (nooa zet´) French. Nut-brown color; may imply nut- shaped. A small round piece of lean meat. *Potatoes noisette,* potatoes cut into the shape and size of hazelnuts and browned in fat.

nouvelle cuisine French. "New Cooking." A culinary movement emphasizing freshness and lightness, and innovative combinations of foods.

oeuf (oof) French. Egg.

oven spring The rapid initial rise of yeast dough when placed in a hot oven. Heat accelerates the growth of yeast, which produces more carbon dioxide gas and also causes this gas to expand.

paella (pä ay´ yah) Spanish. Dish with rice, seafood, chicken, and vegetables, usually served in a wide shallow pan in which it is cooked.

pan broil To cook, uncovered, on hot metal, such as a fry pan, pouring off the fat as it accumulates. Liquid is never added.

pan fry To cook in a skillet in a small amount of fat.

papillote (pah pe yote´) French. A cooking method in which food is wrapped in paper and heated to a high enough temperature so that steam is produced and the food cooks in its own steam.

parboil To boil until partially cooked, the cooking being completed by another method.

parch To cook in dry heat until slightly browned.

parchment Heat-resistant paper used in cooking for lining baking pans.

parcooking Partially cooking a food.

pare To cut off the outside covering, usually with a knife.

parfait (par fay´) French. A mixture containing whipped cream, egg, and syrup that is frozen without stirring. May be ice cream layered with fruit or syrup in parfait glasses.

parmiginana (par mee zhan´ ah) Italian. Parma style, particularly veal, chicken, or eggplant covered with tomato sauce, mozzarella cheese, and Parmesan cheese and browned under the broiler or in the oven.

pasta Italian. Any of a large family of flour paste products, such as macaroni, spaghetti, and noodles.

paste Soft, smooth mixture of a dry ingredient and a liquid.

pastrami (pahs tram´ ee) Yiddish. Boneless meat cured with spices and smoked.

pâté (pah tay´) French. Paste, dough; highly seasoned meat paste used as an appetizer.

pâté de foie gras (pah tay d'fwah grah´) French. Paste of fat goose livers.

patty shell Shell or case of pastry or puff paste used for individual portions of creamed mixtures.

peel To strip off the outside covering.

persillade (payr se yad´) French. Served with or containing parsley.

pesto Italian. A thick pureed mixture of an herb, usually basil, and oil used as a sauce for pasta. May also contain pine nuts, grated cheese, garlic and other seasonings.

petit pois (puh tee pooá) French. A fine grade of very small peas with a delicate flavor.

petits fours (pe teet foor´) French. Small fancy cakes frosted and decorated.

phyllo dough Greek. Extremely thin pastry dough that produces a flaky pastry.

picante A highly spiced tomato sauce used as a condiment with Mexican foods.

pilaf or **pilau** (pih lahf or pih low) Turkish. Dish of rice cooked with meat, fish, or poultry, and seasoned with spices. A technique for cooking grains, in which the grain is sautéed briefly in butter, then simmered in stock or water with various seasonings.

piquant (pee kahnt´) French. Sharp, highly seasoned.

pizza (peet´ zah) Italian. Flat yeast bread covered with tomato, cheese, and meat, or other toppings.

plank Hardwood board used for cooking and serving broiled meat or fish. *Planked steak,* a broiled steak served on a plank and garnished with a border of suitable vegetables.

poach To cook gently in a hot liquid, held just below the boiling point, the original shape of the food being retained.

polenta (poh lent´ ah) Italian. Thick cornmeal mush; cheese is usually added before serving.

pollo (po´ yo) Italian. Italian and Spanish-American term for chicken.

polanise (po lo nays´) French. Dishes prepared with bread crumbs, chopped eggs, browned butter, and chopped parsley.

pomme de terre (pon de taré) French. Potato; literally, apple of the earth.

pot-au-feu (poh toh fu´) French. Meat and vegetables boiled together in broth.

pot roast To cook large cuts of meat by braising.

potage (po tazh´) French. Soup, usually of a thick type.

prawn Large shrimp.

preheat To heat oven or other cooking equipment to desired temperature before putting in the food.

proof To allow yeast dough to rise.

prosciutto (pro shoot´ toh) Italian. Ham, usually thinly sliced and served as an appetizer or as a component in veal dishes.

puff paste Rich dough, made flaky by repeated folding and rolling.

pulse The edible seeds of various leguminous crops (peas, beans, lentils).

puree (pu ray´) French. Foods rubbed through a sieve; also a nutritious vegetable soup in which milk or cream is seldom used.

quiche (keesh) Custard, cheese, and seasonings baked in a pie shell and served warm.

quinoa Grain high in protein. Grown primarily in South America.

ragout (ra goo´) French. A thick, well-seasoned, rich stew.

ramekin (ram´ e kin) Small baking dish for individual portions.

rarebit Mixture of white sauce, cheese, and seasonings.

ravioli (rav vee oh´ lee) Italian. Bite-size cases of pasta dough filled with finely ground meat, cheese, and spinach; served with a highly seasoned tomato sauce.

reconstitute To restore concentrated foods to their normal state, usually by adding water, as in fruit juice and milk.

reduce To boil down, evaporating liquid from a cooked dish.

refritos Twice-cooked Mexican beans that are boiled once and fried once. Also called *refried beans.*

rehydrate To cook or soak dehydrated foods or restore water lost during drying.

remoulade (ray moo lad´) French. Pungent sauce made of hard-cooked eggs, mustard, oil, vinegar, and seasonings. Served with cold dishes.

risotto (ri sot´ toh) Italian. Rice that has been sautéed with onion and other aromatics and then combined with stock. Adding stock slowly while stirring produces a creamy texture with the rice grains still *al dente*.

rissolé (ree sall´) French. Savory meat mixture encased in rich pastry and fried in deep fat.

roast To cook uncovered in oven by dry heat, usually meat or poultry.

roe Eggs of fish.

rosette (roh zet´) French. Thin, rich batter made into fancy shape with special iron and fried in deep fat.

roulade (roo lahd´) French. Rolled thin piece of meat, usually stuffed and roasted or braised.

roux (roo) French. A browned mixture of equal parts flour and fat (by weight) used as a thickener for sauces, soups, and stews.

sabayon (sa by on´) French. Custard sauce with wine added.

sachet d'epices or **sachet** (sah-shay day-pea-say) French. Aromatic ingredients (herbs and spices) tied in a cheesecloth bag and used to flavor stocks and other liquids.

salsa A highly spiced tomato sauce used as a condiment with Mexican foods.

sauerbraten (sour brah´ ten) German. Beef marinated in spiced vinegar, pot-roasted, and served with gingersnap gravy.

sauté (soh tay´) French. To cook in a small amount of fat.

savory Spiced or seasoned foods, as opposed to sweet foods. Also a family of herbs.

scald To heat a liquid to a point just below boiling; pour boiling water over or dip food briefly into boiling water.

scallion An onion that has not developed a bulb.

scallop To bake food, cut into pieces and cover with a liquid or sauce and crumbs. The food and sauce may be mixed together or arranged in alternate layers in a baking dish, with or without crumbs. *Escalloped* is a synonymous term. A thin boneless slice of meat. A shellfish (mollusk).

scallopine (skol a pee´ nee) Italian. Small flat pieces of meat, usually veal, sautéed and served in a sauce.

scone (scahn) Scottish quick bread containing currants.

score To make shallow lengthwise and crosswise slits on the surface of meat.

sear To brown the surface of meat quickly at high temperatures.

semolina Coarsely milled hard wheat endosperm used for gnocchi, some pasta, and couscous.

set Allow to stand until congealed, as in gelatin and puddings.

shallot Small onion having a stronger but more mellow flavor than the common variety.

shirr To break eggs into dish, cover with cream and crumbs, and bake.

shortening Fat suitable for baking or frying.

simmer To cook in a liquid in which bubbles form slowly and break just below the surface.

skewer Pin of metal or wood used for fastening meat or poultry while cooking; or long pins used for holding bits of food for broiling or roasting.

skim To remove surface fat or foam from liquid mixture.

sliver To cut into long, slender pieces, as in slivered almonds.

smorgasbord (smor gas bohrd´) Swedish. Arrangement of appetizers and other foods on a table in attractive assortment.

sorbet (sor bay´) French. Sherbet made of several kinds of fruits.

soubise (soo´ bees) French. White sauce containing onion and sometimes parsley.

soufflé (soo flay´) French. A light, fluffy baked dish with beaten egg whites; may be sweet or savory.

soy sauce Chinese sauce made from fermented soy beans.

spaetzle (spet´ zel) Austrian. Fine noodles made by pressing batter through colander into boiling water or broth.

spoon bread Southern corn bread baked in a casserole and served with a spoon.

springerle (spring´ er le) German. A Christmas cookie. The dough is rolled into a sheet and pressed with a springerle mold before baking.

spumoni (spoo moh´ nee) Italian. Rich ice cream made in different layers, usually containing fruit and nuts.

stabilizer An ingredient added to an emulsion to prevent it from separating.

steam To cook in steam with or without pressure. Steam may be applied directly to the food, as in a steamer, or to the vessel, as in a double boiler.

steam-jacketed kettle A kettle with double-layered walls, between which steam circulates, providing even heat for cooking stocks, soups, and sauces.

steep To cover with boiling water and let stand to extract flavors and colors.

stew To simmer in a small amount of liquid.

stir To mix food materials with a circular motion.

stir-fry To cook quickly in a small amount of oil over high heat, using light tossing and stirring motion to preserve shape of food.

stock Liquid in which meat, fish, poultry or vegetables have been cooked.

stroganoff (stro´ gan off) Russian. Sautéed beef in sauce of sour cream, with mushrooms and onions.

strudel (stroo´ dl) German. Pastry of flaky, paper-thin dough filled with fruit.

sweating Cooking vegetables (usually) in a covered pan with a small amount of fat over low heat, without browning, until the food softens and releases moisture.

table d'hôte (tabl doht´) French. Meal at a fixed price.

tacos (tah´ cos) Mexican. Rolled sandwiches of tortillas filled with meat, onions, lettuce, and hot sauce.

tamale (ta mah´ lee) Mexican. Highly seasoned meat mixture rolled in cornmeal mush, wrapped in corn husks, and steamed.

tart Small pie or pastry.

tartar sauce Mayonnaise to which chopped pickles, onions, and other seasonings have been added; usually served with fish.

tender crisp The point in cooking vegetables at which they are firm and slightly crisp.

terrine (tay reen´) French. Tureen, an earthenware pot resembling a casserole. *Chicken en terrine,* chicken cooked and served in a tureen.

timbale Thin fried case for holding creamed mixtures; or unsweetened baked custard with meat, poultry, or vegetables.

toast To apply direct heat until the surface of the food is browned.

tofu Bean curd.

torte (tor´ te) German. Rich cake made from crumbs, eggs, and nuts; or meringue in the form of a cake.

tortilla (tohr tee´ yah) Mexican. A round thin unleavened flour or cornmeal cake baked on a griddle.

toss To mix ingredients lightly without crushing.

tournedos (tur ne´ doe) Spanish. A small round filets of beef. French, a small cut from the tenderloin of beef.

trifle English. Dessert made with sponge cake soaked in fruit juice and wine and layered with jam, custard, almonds, and whipped cream.

truffle A dark mushroomlike fungus, found chiefly in France. Used mainly for garnishing and flavor.

truss To tie or skewer poultry or meat so that it will hold its shape while cooking.

turnover Food encased in pastry and baked.

tutti frutti Mixed fruit.

velouté (ve loo tay´) French. A rich white sauce, usually made of chicken or veal broth.

vinaigrette (vin nay greht) French. A temporary emulsion of 3 parts oil and 1 part vinegar and often seasoned with herbs and spices. Wine or lemon juice is often substituted for some of the vinegar.

whip To beat rapidly and increase volume by the incorporation of air.

Wiener schnitzel (ve´ ner schnit sel) German. Breaded cutlets, frequently served with tomato sauce or lemon.

wonton Stuffed dumplings cooked in chicken broth.

Yorkshire pudding English. Accompaniment for roast beef, a popoverlike mixture baked in drippings of the roast.

zest Colored peel of citrus fruits, such as orange or lemon, which contains aromatic oil.

zwieback (tsvee´ bahk) German. Toasted bread, crisp and slightly sweet.

Index

A

Abbreviations used in recipes, 71
Acidulated water for fish, 291
Acini de Pepe Fruit Salad, **494**
Acorn squash
  Baked, **672**
  with Sausage, **672**
  Stuffed, **672**
A la King Sauce, **561**
Almond(s)
  blanched, 469
  Butter Sauce, **582**
  Filling, **154**
  toasted, 469
Amaretto Cocoa, **91**
Ambrosia Fruit Salad, **495**
Amounts of food to serve 50, 10–20
Angel Food Cake, and variations, **166**
Angel Pie, **228**
Appetizers and party foods, 73–86. *See also* Beverages; Sandwiches; Soups
  Amount to prepare, 75
  Basic Dip, and variations, **78–79**
  entree party trays, 76
  name suggestions for, 77
  suggestions for, 74
Apple(s)
  Baked, **260**
  Buttered, **512**
  Cinnamon, **512**
  Cinnamon Swirl Salad, **490**
  Compote, **262**
  Cooler, **103**
  Crisp, **259**
  Crumb Pie, **231**
  Dumplings, **261**
  Fried, **512**
  Fritters, **134**
  Hot Apple Toddy, **103**
  Muffins, **112**
  Nut Muffins, **116**
  Pancakes, **128**
  Pie, **230**
  preparation for salad, 468
  Rings, **512**
  Salad (Waldorf), and variations, **493**
  Sour Cream Apple Nut Pie, **231**
  Spiced, **496**
  Stuffing, **461**
Applesauce, **262**
  Cake, **173**
  Gelatin Salad, **490**
Apricot
  Bavarian Cream, **258**
  Filling, **197**
  Glaze for Ham, **353**
  Muffins, **112**
  Pie, **232**
  Pineapple Punch, **98**
  Roll, **186**
Arabian Peach Salad, **490**
Artichoke Dip, Hot, **77**
Artichokes, preparation for salad, 467
Asparagus
  with Cheese Sauce, **633**
  cooking of, 633
  Creamed, **633**
  with Hollandaise Sauce, **633**
  Marinated, **480**
  preparation for salads, 467
  Seasoned, **633**
  seasonings for, 633
  Soup, Cream of, **616**
  Vinaigrette, **633**
Autumn Salad, **490**
Avocados, preparation for salad, 468

B

Bacon
  Lettuce, and Tomato Sandwich, **538**
  Oven-Fried, **356**
  Salad Dressing, **519**
  Sauce, **561, 582**
  Wrapped Beef, **328**
Baked Apples, **260**
Baked Beans, and variations, **639**
Baked Lima Beans, **637**
Baking Powder Biscuits, **110**
  variations of. *See* Biscuits
Baking temperatures
  convection oven, 37
  metric equivalents, 36
Banana(s)
  Cake, **174**
  Cream Pie, **235**
  Cream Pudding, **250**
  Deep-Fat Fried, **654**
  Fritters, **134**
  Muffins, **113**
  Nut Bread, **125**
  preparation for salad, 468
  Punch, **94**
  Whole Wheat Muffins, **113**
Banquet service, 710
Barbecue Sauce, **567**
Barley Casserole, and variations, **416**
Barley, Tomato Risotto and variations, **418**
Barley and Vegetable Medley, **417**
Basil Oil, **382, 385**
  with Sugar Snap Peas, **382**
Basil and Parmesan Bows, **382**
Basil Vinaigrette Dressing, **423**
Batter for deep-fat frying, 39
Bavarian Cream
  Apricot, **258**
  Pineapple, **258**
  Strawberry, **258**
Bean(s)
  See also Black beans; Green beans; Lima beans
  and Grains, **427**
  Baked, **639**
  Boston Baked, **639**
  dry, preparation of, **368, 632**
  with Pork, **639**
  Ragout, **422**
  Ranch Style, **638**

Red Beans & Rice, **428**
Refried, **640**
Soup, Navy Bean, **612**
and Tomato Sauce, **571**
Trio Baked, **639**
Varieties of Dry Beans, **368, 632**
Béchamel Sauce, **562**
Beef
Bacon-Wrapped, **328**
Beef on Noodles, **398**
Birds, **346**
and Broccoli Stir-Fry, **446**
Brisket, Savory, **324**
Brisket, Smoked, **324**
Cheeseburger Pie, **345**
Chop Suey, **339**
color guide, color exhibit, VI
cooking methods, 312–323
Kabobs, **331**
Liver, and variations, **332**
Meat Loaf, **332**
Meatballs, **333, 334, 335**
Pizza, and variations, **341**
Pork and Noddle Casserole, **397**
Pot Pie, **336**
Pot Roast, **324**
Savory, **324**
Yankee, **324**
Sauerbraten, **325**
Short Ribs, Barbecued, **351**
Soup
Barley, **601**
Mexican, **602**
Noodle, **604**
Rice, **604**
Vegetable Beef, Hearty, **603**
Spanish Rice, **344**
Steak
broiling, 318–19, 320
Chicken-Fried, **327**
Chuck Wagon, **329**
Country Fried, **327**
Grilling, **321**
Pepper, **326**
Salisbury, **328**
Smothered with Onions, **327**
Spanish, **327**
Swiss, **327**
Teriyaki, **327**
Stew, and variations, **336**
Green Chili, **337**
Stir-fried, with Broccoli, **446**
with Sugar Snap Peas, **330**
Stock, **599**
with Soup Base, **599**
Stroganoff, **338**
Sweet-Sour, **352**
Taco Salad Casserole, **343**
timetables for
braising, 322
broiling, 318
cooking in liquid, 322
direct grilling, 321
roasting, 314
Beet greens. *See* Spinach
Beets
cooking of, 642
Harvard, **642**
Hot Spiced, **642**
Julienne, **641**
with Orange Sauce, **642**
Pickled, **515**
Roasted, **641**
Seasoned, **641**
seasonings for, 641
in Sour Cream, **641**
Beverages, 87–103
Cocoa, **91**
Coffee, 87, **89**
Punch, **92–103**
Tea, 88, **90**
Bierocks, **544**
Biscuit Topping for Cobblers, **263**
Biscuits
Baking Powder, **110**
Buttermilk, **110**
Butterscotch, **110**
Cheese, **110**
Cinnamon Raisin, **110**
Drop, **110**
Orange, **111**
Raisin, **111**
Scones, Scotch, **111**
Whole Wheat, **111**
Bishop's Bread, **117**
Bittersweet Icing, **190**
Black beans
and Andouille Sausage, **425**
cooking of, 632
and Corn Relish, **514**
and Couscous, **423**
Cuban, **424**
and Ham on Rice, **425**
and Tomato Sauce, 571
and Tortilla Casserole, **426**
over Rice, **425**
Soup, **425**
Spicy, **640**
Blackened Chicken Salad, **500**
Blackeyed peas, cooking of, 631, 632
Blanching, 467, 469
Blue Cheese Dip, **78**
Blue Cheese Salad Dressing, **517**
Blueberry
Coffee Cake, **118**
Gelatin Salad, **490**
Muffins, **112**
Pancakes, **128**
Pie, **230**
Syrup, **588**
Boston Baked Beans, **639**
Boston Brown Bread, **123**
Boston Cream Pie, **172**
Bouillon, **600**
Chicken, **600**
Tomato, **600**
Bouquet Garni, **291**
Bowknot Rolls, **146**
Boysenberry Mold, **491**
Braids, 146
Bread Dressing, and variations, **461**
Bread Pudding, 254
Breads, quick, 105–135
Baking Powder Biscuits, **110**
variations of. *See* Biscuits
Banana Nut Bread, **125**
Bishop's Bread, **117**
Boston Brown Bread, **123**
Cheese Straws, **135**
Coffee Cake, **120**
Blueberry, **118**
Dutch Apple, **119**
Walnut, **121**
Corn Bread, **122**
Cranberry Nut Bread, **126**
Crepes, **131**
Date Nut Bread, **124**
Doughnuts, **132**
Dumplings, **132**
French Breakfast Puffs, **116**
Fritters, and variations, **134**
methods of mixing, 105
Muffins, basic
Cake Method, **106**
Muffin Method, **105**
variations of. *See* Muffins
Nut Bread, 124
Pancakes, and variations, **128**
See also Pancakes
Mix for, **129**
Pumpkin Bread, **127**
Quality standards, 107
Scotch Scones, **111**
Spaetzles, **133**
Spoon Bread, **122**
Waffles, **130**
Breads, yeast, 106–109, 136–154
Basic Roll Dough, **146**
variations of. *See* Rolls
Buns. *See* Buns
Butter Slices, **136**
Caramel Crowns, **146**
Cinnamon Bread, **137**
Cinnamon Rolls, **153**
variations of. *See* Rolls
Coffee Cake, **151**
Cornmeal Bread, **138**
Crullers, **152**
Danish Pastry, **152**
Dilly Bread, **140**

Egg Bread, **138**
English Muffin Bread, **141**
Focaccia, **142**
freezing, 108
French Bread, **139**
Fruit Coffee Rings, **152**
ingredients, 106
Jalapeño Cheese Bread, **138**
Kolaches, **152**
Long Johns, **152**
Molasses Bran Bread, **143**
Oatmeal Bread, **143**
Portuguese Sweet Bread, **144**
Potato Bread, **144**
preparation of, 107–108
quality standards, 109
Raised Muffins, **150**
Raisin Bread, **137**
Sandwich Ring Bread, **137**
Swedish Braids, **152**
Swedish Rye Bread, and variations, **145**
Sweet Roll Dough, Basic, **151**
variations of. *See* Rolls
White Bread, and variations, **136–137, 138**
Whole Wheat Bread, and variations, **137, 138**
Broccoli
Almond Buttered, **643**
Cauliflower Salad, **478**
Cheese Casserole, **285**
with Cheese Sauce, **643**
and Cheese Soup, **619**
and Cheese Strata, **284**
cooking of, 643
with Hollandaise Sauce, **643**
with Lemon Butter, **643**
preparation for salad, 467
Rice au Gratin, **410**
Seasoned, **643**
seasonings for, 643
Soup, Cream of, **616**
Swiss pasta, **377**
Brown Bean Salad, **476**
Brown Sauce, **565**
Brown Sugar Glaze for Ham, **353**
Brown Sugar Syrup, **588**
Brownies, **212, 213**
Brunches, **705**
Brunswick Stew, **453**
Brussels Sprouts
cooking of, 643
Seasoned, **643**
seasonings for, 643
Buffet dinner and luncheons, 706
food presentation and service, 709
Menu Planning, 706
Styles of service, 713
table arrangement for, 706–709
Buns
Buffet Submarine, **136**
Butter, **149**
Double Cinnamon, **154**
Gooey, **147**
Hamburger, **137**
Hot Cross, **147, 152**
Hot Dog, **147**
Burnt Butter Icing, **189**
Burnt Sugar Cake, **175**
Burnt Sugar Syrup, **175**
Butter
Basil, **589**
Buns, **149**
Cinnamon Topping, **154**
Compound, **589**
Crunch Topping, **154**
Curry, **590**
Dill, **589, 590**
Drawn, **582**
Garlic, **589**
Herb, **589, 590**
Honey, **534**
Lemon, **589, 590**
Mustard, **589**
Onion, **590**
Parsley, **589**
Parsley Lemon, **589**
Red Pepper, **589**
Tarragon, **590**
Whipped, **534**
Butterflake Rolls, **147**
Butterfly Rolls, **153**
Butterhorn Rolls, **146**
Buttermilk Biscuits, **110**
Buttermilk Pancakes, **128**
Mix for, **129–130**
Buttermilk Salad Dressing, **517**
Butternut Squash, Mashed, **673**
with Apples, **673**
Butterscotch
Biscuits, **110**
Chocolate Chip Brownies, **216**
Cookies
Drop, **201**
Refrigerator, **220**
Cream Pie, **236**
Cream Puffs, **257**
Pecan Cookies, **203**
Pudding, **247**
Rolls, **153**
Sauce, **583**
Squares, **201, 216**

C

Cabbage
Apple Salad, **479**
au Gratin, **644**
Carrot Slaw, **479**
cooking of, 644
Creamed, **644**
Hot Slaw, **645**
Pineapple-Marshmallow Salad, **479**
Polonnaise, **644**
preparation for salad, 467
Salad (Coleslaw), **478**
Scalloped, **644**
Seasoned, **644**
seasonings for, 644
Stir-fried, **644**
Cajun Seasoning, **592**
Cake(s), **155–158, 165–188**
Angel Food, **166**
Chocolate, **166**
Frozen-Filled, **166**
Orange-Filled, **166**
Yellow (sponge), **167**
Applesauce, **173**
Apricot Roll, **186**
baking, 158
Banana, **174**
Burnt Sugar, **175**
Carrot, **171**
Cheese, **253**
Chiffon
Cocoa, **168**
Orange, **168**
Walnut, **168**
Chocolate, **176**
Chip, **170**
Roll, **185**
Sheet Cake, **177**
Coating for pans, 165
Coconut Lime, **170**
Cupcakes, **170, 177**
cutting configurations, 159
Dutch Apple, **172**
Fruitcake, **181**
Fudge, **177**
German Sweet Chocolate, **178**
Gingerbread, and variations, **182**
Ice Cream Roll, **185**
Jelly Roll, **186**
Lady Baltimore, **170**
Lazy Daisy, **172**
Marble, **173**
methods of mixing, 155–156
Peanut Butter, **179**
Pineapple Cashew, **180**
Pineapple Upside-Down, **173**
Poppy Seed, **170**
Pound, **183**
Praline, **173**
Pumpkin, **184**
Pumpkin Cake Roll, **188**
quality standards, 160
scaling weight of batter for, 156–158
Silver White, **170**

Sponge, **167**
Starburst, **170**
types of, 155
White, **169–170**
Dough-Batter, **170**
Dry Blending, **169**
Yellow, **172**
Calzone, Broccoli and Ricotta, **549**
Ham and Swiss, **549**
Roasted Vegetable, **549**
Campus Salad Dressing, **517**
Can sizes, 49
Canapés, preparation of, 532
Caramel
Crowns, **146**
Custard, **254**
Pecan Rolls, **154**
Sauce, **583**
Carrifruit Salad, **475**
Carrot(s)
Cake, **171**
Candied, **646**
and Celery Amandine, **647**
cooking of, 646
Glazed, **646**
Lyonnaise, **646**
Marinated, **482**
Mint-glazed, **646**
Parsley Buttered, **646**
and Parsnips, Glazed, **646**
preparation for salad, 467
Raisin Salad, and variations, **475**
Savory, **646**
seasonings for, 646
sticks and curls, 467
Sweet-Sour, **646**
Cauliflower
with Almond Butter, **648**
Bean Salad, **476**
Broccoli Salad, **478**
Creamy, **478**
with Cheese Sauce, **648**
cooking of, 648
Creamed, **648**
French Fried, **654**
with Peas, **648**
preparation for salad, 467
Rice au Gratin, **410**
Seasoned, **648**
seasonings for, 648
Soup, Cream of, **616**
Celery
and Carrots Amandine, **647**
cooking of, 647
Creole, **647**
curls, fans, and rings, 468
preparation for salad, 468
seasonings for, 647
Soup, Cream of, **616**
Celery Seed Dressing, **520, 527**
Cereals, cooking of, 413
Chantilly Salad Dressing, **517**
Chard. *See* Spinach
Checkerboard sandwiches, 532
Cheese(s)
Balls, **282**
Biscuits, **110**
and Broccoli Casserole, **285**
and Broccoli Strata, **284**
Cake, **253**
cookery, 268
Grits, Baked, **415**
guide to natural, 269–270
Olive Puffs, **82**
Omelet, **274**
Party Cheese Ball, **81**
Salad Sandwich, **534**
Sandwich Sauce, **561**
Sandwiches, Grilled, **544**
Sauce, **561**
Soufflé , **283**
Soup, **283**
Straws, **135**
Welsh Rarebit, **286**
Cheeseburger Pie, **345**
Chef's Salad Bowl, **498**
Chicken Bacon, **498**
Seafood, **498**
Cherry
Crisp, **259**
Muffins, **112**
Nut Rolls, **151**
Pie, **230**
Chestnut Stuffing, **461**
Chicken
à la King, **450**
and Bacon Chef's Salad, **498**
Barbecued, **444**
Barley Casserole, **416**
with Black Olives, **440**
and Broccoli Stir-Fry, **446**
Blackened, **441**
breading sequence for, 437
Breast
Blackened, **441**
Cheese-Stuffed, **442**
Curried, **441**
Dijon, **441**
Grilled, and variations, **441**
with Grilled Tomato Sauce, **441**
Herb-Marinated, **441**
Sesame Mustard, **441**
Brunswick Stew, **453**
Cacciatore, **443**
Cajun Wings, **83**
Cantonese, **443**
Chow Mein, **339**
cooking methods for, 433–440
Creamed, **450**
Crepes, **449**
Curried, **454**
Deep-Fat Fried, **443**
Fajitas, **543, 551, 552**
Fricassee, **440**
Gravy, **564**
Herb Baked, **444**
Hot Barbecued Wings, **83**
Italian Baked, **444**
and Noodles, **456**
Oven-Fried, **444**
Pan-Fried, **443**
Parmesan, **444**
and Pasta Salad, **485**
and Pasta Salad Plate, **501**
Pocket Sandwich, **539**
Pot Pie, **455**
preparation for salad, 469
purchasing and storage of, 433
and Rice Casserole, **457**
Salad, Hot, **451**
Salad, and variations, **499**
for variations. *See* Salads, entree
Scalloped, **452**
Singapore Curry, **454**
and Snow Peas over Rice, **447**
soup. *See* Soups
Southern Fried, **443**
stewed, 438
Sweet-Sour, **352**
Sweet and Sour Wings, **83**
Szechwan, **448**
Tahitian, **440**
Tarragon Chicken Breast, **441**
Teriyaki, **444**
Tetrazzini, **395**
Timbale, **681**
and Vegetable Stir-Fry, **446**
Chicken-Fried Steak, **327**
Chiffon cakes. *See* Cakes
Chiffonade Salad Dressing, **521**
Chilean Salad Dressing, **519**
Chili
con Carne, and variations, **607**
Dog, **357**
Garden, **608**
Spaghetti, **607**
White, **609**
Chimichanga, **556**
Chinese Omelet, **276**
Chives, preparation of, 466
Chocolate
Angel Food Cake, **166**
Butter Cream Icing, **191**
Cake, **176**
Chiffon Pie, and variations, **242**
Chip Cake, **170**
Chip Cookies, **202, 205, 209**
Chip Muffins, **111**
Cookies, Drop, **201**
Tea, **218**

Cream Filling, **196**
Cream Pie, **235**
Cream Pudding, **250**
Crumb Crusts, **227**
Cupcakes, **177**
Doughnuts, **132**
French, **92**
Glaze, **195**
Hot Chocolate, **91**
Icing, **190**
Jumbo Chunk Cookies, **206**
Marshmallow Squares, **217**
Mexican Chocolate, **91**
Mint Warmer, **103**
Mousse, **196**
Peanut Butter Cookies, **205**
Pudding, and variations, **248**
Refrigerator Dessert, **242**
Roll, **185**
Sauce, **584**
Chop Suey, **339**
Chow Mein, Chicken, **339**
Vegetable, **340**
Chowder
Clam, **621, 625**
Corn, **620**
Fish, **621, 625**
Potato, **620**
Potato Ham, **623**
Vegetable, **620**
Christmas Pudding, **256**
Flaming, **256**
Christmas Wreath Cookies, **222**
Chuck Wagon Steak, **329**
Cider Punch, **101**
Hot Mulled, **101**
Spiced, **101**
Cinnamon
Apples, **512**
Bread, **137**
Buns, **154**
Raisin Biscuits, **110**
Rolls, and variations, **153**
Twists, **151**
Citrus Pomegranate Salad, **496**
Citrus Spritzer, **103**
Clam Chowder
Manhattan, **625**
New England, **621**
Clam Sauce for Pasta, **375**
Clams, selection and cooking of, 291
Clarifying stock, 598
Cloverleaf Rolls, **147**
Club Sandwich, **538**
Coating for baking pans, 165
Coatings for deep-fat fried foods, 39
Cobbler
Biscuit Topping for, **263**
frozen fruit guide for, 230
Fruit, **262**
Peach, with Hard Sauce, **263**
Cocktail Sauce, **575**
Cocktails, Nonalcoholic, **103**
Cocoa, **91**
Cocoa Icing, **192**
Coconut
Cookies, **222**
Cream Pie, **235**
Cream Pudding, **250**
Custard Pie, **238**
Icing, **190**
Lime Cake, **170**
Macaroons, **202**
Muffins, **111**
Pecan Bars, **214**
Pecan Icing, **191**
Cod, Lemon Rice-Stuffed, **298**
Coffee, 87
Espresso drinks, **88**
Hot, **89**
Iced, **89**
preparation of, 87
Steeped, **89**
Coffee Cake, **120**
Blueberry, **118**
Dutch Apple, **119**
Walnut, **121**
Yeast, **151**
Coffees and brunches, 705
Coleslaw, Creamy, and variations, **478**
Coleslaw, and variations, **478**
Collards. *See* Spinach
Colleges and universities, menu planning for, 695
Combination Salad Dressing, **518**
Commercial foodservices, menu planning for, **695**
Compound Butters, **589**
Confetti Rice, **402**
Convection oven, time and temperatures, 37
Conversion
U.S. to metric, 5
weight to measure, 6
Cooked Salad Dressing, and variations, **518**
Cookies, 161, **201–222**
Bar, **212–217**
Brownies, **212, 213**
Butterscotch Chocolate Chip, **216**
Fudge, **213**
Fudge Nut, **213**
Butter Tea, **218**
Butterscotch Drop, **201**
Pecan, **203**
Refrigerator, **220**
Squares, **201, 216**
Chocolate Chip, **202, 205, 209**
Chocolate Chunk, Jumbo, **206**
Chocolate Drop, **201**
Chocolate Tea, **218**
Christmas Wreath, **222**
Coconut, **222**
Coconut Macaroons, **202**
Coconut Pecan Bars, **214**
Crisp Ginger, **220**
Date Bars, **215**
Dreamland Bars, **214**
Drop, **201–211**
Filled, **222**
Frosty Date Balls, **219**
Gingersnap, **208**
Marshmallow Krispie Squares, **217**
methods of mixing, 161
Molasses Drop, **207**
Oatmeal
Coconut Crispies, **221**
Crispies, **221**
Date Bars, **216**
Drop, **204**
Peanut, **208**
Peanut Butter, **205**
Chocolate Chip, **209**
Pinwheel, **222**
pressed, molded, and rolled, 218–222
quality standards, 162
Sandies, **219**
shaping and baking, 161
Snickerdoodles, **210**
storing, 161
Sugar
Drop, **210**
Rolled, **222**
Whole Wheat, **211**
Tea, **218**
Thimble, **218**
Cooking terms, glossary of, 739–747
Cooling Procedures, 44
Corn
Chowder, **620**
cooking of, 648
in Cream, **649**
Creamed Whole Kernel, **649**
Fritters, **134**
O'Brien, **649**
Pudding, **650**
Relish, **514**
Scalloped, **649**
Seasoned, **648**
Corn Bread, **122**
Corn Bread Dressing, **460**
Cornish Game Hens, Orange-Glazed, **445**
Cornmeal Bread, **138**
Cornmeal Muffins, **112**
Cornmeal Mush, Fried, **357**
Cottage Cheese Salad, **509**
Cottage Pudding, **172**
Country Fried Steak, **327**

Court Bouillon, **291**
Black Bean, **423**
Couscous, Vegetable, **419**
Red Pepper, **420**
Crab(s)
and Artichoke Dip, **77**
Deviled, **304**
and Pasta Salad, **504**
Salad, **503**
selection and cooking of, 291
Cranberry
Apple Salad, **491**
Glaze for Ham, **353**
Juice, Spiced, **101**
Mold, **491**
Muffins, **112**
Nut Bread, **126**
Orange Relish, **513**
Punch, **95, 101**
Relish, **513**
Baked, **513**
Sauce, and variations, **513**
Warmer, **100**
Cream Cheese Icing, **192**
Cream Pie, and variations, **235**
See also Pies
Cream Puffs, **257**
Cream Soup, Basic Sauce for, **616**
variations of, **616**
Creamy Icing, **192**
Creole Baked Fish, **295**
Creole Soup, **604**
Creole Spaghetti, **389**
Crepes, **131**
Chicken **449**
Fruit Cheese, **449**
Spinach, **449**
Crescents, **147**
Critical control points, **71**
Croissant with Vegetables, **558**
Crullers, **152**
Crumb Crusts, **227**
Crumb Topping, **154**
Cucumber(s)
German, **479**
and Onion in Sour Cream, **479**
preparation for salad, 468
Sauce, **578**
Soufflé Salad, **491**
Yogurt Salad Dressing, **529**
Cupcakes
Chocolate, **177**
White, **170**
Currant Muffins, **112**
Curried Eggs, **273**
Curried Rice, **407, 412**
Curry, Singapore, **454**
Curry Butter, **590**
Custard
Baked, and variations, **254**
Filling, **198**
Pie, **238**
Rice Custard, **254**
Sauce, **255, 585**
Cycle menus, 687

D

Daily Reference Values, 70
Danish Pastry, **152**
Date
Bars, **215**
Cream Pie, **235**
Filling, **197**
Muffins, **112**
Nut Bread, **124**
Pudding, Baked, **251**
Decimal equivalents of a pound, 54
Decreasing and increasing recipes, 6–9
Deep-fat frying
coatings for, 39
temperatures for, 38
Deli Plate, **510**
Wrap, **541**
Dessert sauces, 583–588
Desserts, 155–265
See also Cakes; Cookies; Pies; Puddings
Apple Crisp, and variations, **259**
Apple Dumplings, **261**
Bavarian Cream, Pineapple, and variations, **258**
Chocolate Refrigerator Dessert, **242**
Cream Puffs, and variations, **257**
Custard, Baked, and variations, **254**
Eclairs, **257**
Floating Island, **255**
Fruit and Cheese, **265**
Fruit Cobbler, and variations, **262**
Biscuit Topping for, **263**
guide for using frozen fruit in, **230**
Lemon Refrigerator Dessert, **244**
Meringue Shells, **228**
Peach Melba, **588**
Russian Cream, **258**
Strawberry Shortcake, **264**
Deviled Crab, **304**
Deviled Eggs, **281**
Deviled Pork Chops, **350**
Dijon Mustard Vinaigrette, **424**
Dilly Bread, **140**
Dilly Salad Dressing, **517**
Dinner Rolls, **147**
Dip(s)
Artichoke, Hot, **77**
Avocado (Guacamole), **78, 80**
Basic, **78**
Blue Cheese, **78**
Creamy Herb, **78**
Creamy Onion, **78**
Dill, **78**
Guacamole, **78, 80**
Italian, **78**
Mexican, Layered, **79**
Nacho, **80, 81**
Picante, **78**
Seafood, **78**
Summer Fruit, **79**
Yogurt Herb, **79**
Yogurt Orange, **79**
Dipper equivalents, **39**
Direct reading tables for adjusting recipes, 54–67
home size recipes, 64
in volume measurement, 58
in weight, 56
Dishers. *See* Dippers
Doughnuts
Cake, **132**
Chocolate, **132**
Drawn Butter Sauce, **582**
Dreamland Bars, **214**
Dressing, Bread (or Stuffing), **461**
Apple, **461**
Bread, **461**
Chestnut, **461**
Corn Bread, **460**
Mushroom, **461**
Nut, **461**
Oyster, **461**
Raisin, **461**
Sausage, **461**
Dressing Salad. *See* Salad dressing
Dried Fruit and Nut Granola, **414**
Duck, roasting of, 438
Dumplings, **132**
Apple, **261**
Dutch Apple Cake, **172**
Dutch Apple Coffee Cake, **119**

E

Eclairs, **257**
Egg(s),
à la King, **273**
Chinese Omelet, **276**
cookery, 268
Creamed, **273**
and crumb, for deep-fat frying, 39
Curried, **273**
Deviled, **281**
Dilled, **281**
Frittata, **278**
Goldenrod, **273**
Hot Stuffed, **281**
market forms, 267
Omelet, Baked, and variations, **274**
Pickled, **281**
Potato Bake, **277**
Potato Omelet, **275**
preparation for salad, 469
procedure for cooking, 271

processed, 267
Quiche, and variations, **279, 280**
Salad Sandwiches, **535**
Sauce, **561**
and Sausage Bake, **277**
Scotch Woodcock, **273**
Scrambled, and variations, **272, 273**
Smoked, **281**
Egg and Pepper Dressing, **517**
Eggplant
Baked, **651**
and Chick-pea Ragout on Pasta, **384**
cooking of, 651
Creole, **652**
French Fried, **654**
Parmesan, **651**
Ratatouille, **679, 680**
Sautéd, **651**
seasonings for, 651
Tomato Bake, **652**
Endive, preparation of, 465
English Muffin Bread, **141**
En Papillote, 436
Equivalents
can size, **49**
dipper, **39**
ingredient, **50**
ladle, **40**
metric, for weight, measure, and temperature, 36
ounce and decimal, 54
weights and measures, 22–31
for commonly used foods, 32–35
Escarole, preparation of, 465
Evaluating food for quality, 735–736
Extended care facilities, menu planning for, 701

F

Factor method of recipe adjustment, 6
Fajitas, **543, 551, 552**
Fan Tan Rolls, **14**
Fettucine, Herbed, **373**
with Herb Butter Sauce, **388**
Marinated, **487**
with Pesto Sauce, **388**
Vinaigrette, **487**
Fig Filling, **197**
Filled Cookies, **222**
Fillet of Sole, Amandine, **296**
Fillings, **196–201**
Almond, **154**
Apricot, **197, 200**
Chocolate Cream, **196**
Custard, **198**
Date, **197**
Fig, **197**
Lemon, **199**
Lime, **199**
Marmalade Nut, **200**
Orange, **199**
Prune, **200**
Prune Date, **197**
scaling weights for, 159
Fish and shellfish, 287–309. *See also* Salmon; Tuna
acidulated water for, 291
Bouquet Garni for, 291
Baked Fillets, **293**
Breaded Fillets, **295**
Broiled Halibut, **297**
Caribbean Shrimp, **306**
Chowder
Manhattan, **625**
New England, **621**
Creole Baked Fish, **295**
Creole Shrimp, **307**
defrosting timetable, 41
Deviled Crab, **304**
Fillet of Sole Amandine, **296**
Fin fish, 287–291
buying and cooking guide for, 288
cooking methods for, 289–291
market forms of, 287
timetable for steaming, 290
Herb Marinated Fish Steak, **293**
Lemon Baked Fish, **294**
Lemon Rice-Stuffed Cod, **298**
Marinade for, **594**
Oriental Shrimp and Pasta, **308**
Scalloped Oysters, **305**
shellfish, 291–292. *See also* Clams; Crabs; Lobsters; Oysters; Scallops; Shrimp
methods of cooking, 289–291
timetable for steaming, 290
storage of, 288
Floating Island Pudding, **255**
Flowers, edible, 723–724, 732
Focaccia, **142**
with Herb Cheese Spread, **86**
Food amounts to serve 50, 10–20
Food availability, 690
Food Cooling and Storing procedures, 44
Food production information, 3–67
Food Safety Guidelines, 46
Food terms, glossary of, 730
Food weights and equivalents in measure, 22–31
See also Equivalents; Weights and measures
Frankfurters
Barbecued, **357**
Cheese-Stuffed, **357**
Pigs in Blankets, **359**
with Sauerkraut, **357**
French
Bread, **139**
Breakfast Puffs, **116**
Chocolate, **92**
Dip Sandwiches, **548**
Dressing, **520**
Green Beans, **634**
Onion Soup, **615**
Toast, and variations, **133**
Fried Rice, and variations, **402**
Frittata, Roasted Pepper and Basil, **278**
Fritters, **134**
Apple, **134**
Banana, **134**
Corn, **134**
Fruit, **134**
Green Chili, **134**
Frosted Cherry Salad, **491**
Frosted Lime Salad, **491**
Frostings. *See* Icings
Frosty Date Balls, **219**
Frozen-Filled Angel Food Cake, **166**
Frozen fruit guide for pies and cobblers, 230
Frozen Fruit Salad, **497**
Fruit
and Cheese Dessert, **265**
Cobbler, **262**
Coffee Rings, **152**
with Creamy Custard Sauce, **255**
Crisp, **259**
Gelatin Salad, and variations, **450, 490**
Glazed Pie, **235**
Pies
with Canned Fruit, **228**
with Frozen Fruit, **229**
preparation for salad, 468, 469
Punch, Basic, **92**
Salad Bowl, **496**
Salad Dressing, **527**
Celery Seed, **527**
Golden, **527**
Poppy Seed, **527**
Salad Plate, **511**
salads, 493–497
Slices, **263**
yield in preparation, 21
Fruitcake, **181**
Fudge Brownies, **213**
Fudge Cake, **177**
Fudge Sauce, **584**

G

Garbanzo Bean Salad, **477**
with Pasta, **477**
Garden Pasta, **390**
Garden Salad Dressing, **518**
Garden Salad, Marinated, **483**
Garlic Herb Dressing, **529**
and Red Pepper Penne, **383**
Garlic, preparation of, 429, 468
Gazpacho (Spanish Chilled Soup), **626**
Gelatin salads, 490–492

German Cucumbers, **479**
German Sweet Chocolate Cake, **178**
Giblet Gravy, **564**
Ginger Ale Fruit Punch, **93**
Ginger Cookies, Crisp, **220**
Ginger Muffins, **182**
Ginger Rice Stir-Fry, **401**
Gingerbread, and variations, **182**
Gingersnaps, **208**
Glaze
  Chocolate, **195**
  Peanut Butter, **195**
  Powdered Sugar, **196**
Glazes for Ham, **353**
Glossary of menu and cooking terms, 739–747
Golden Punch, **93**
Golden Sauce, **562**
Goldenrod Eggs, **273**
Goose, roasting, 438
Gooseberry Pie, **230**
Goulash, Hungarian, **394**
Graham Cracker Crust, **226**
Grains, 367
  and Beans, **427**
Granola, **414**
Grape Punch, Sparkling, **93**
Grapefruit
  Orange Salad, and variations, **496**
  with Salad Greens, **473**
  sectioning of, 468–469
Grapes, preparation for salad, 468
Gravy
  Brown, **564**
  Chicken, **564**
  Cream, **564**
  Giblet, **564**
  Onion, **564**
  Pan, **564**
  Sausage, **358**
  Savory, **563**
  Vegetable, **564**
Green beans
  Amandine, **634**
  Casserole, **635**
  cooking of, 634
  Creole, **636**
  with Dill, **636**
  French, **634**
  Hacienda, **636**
  Herbed, **634**
  Marinated, **480**
  with Mushrooms, **634**
  Provincial, **634**
  Seasoned, **634**
  seasonings for, 634
  Southern Style, **634**
  Spanish, **636**
Green Chili Fritters, **134**
Green Chili Stew, **337**
Green pepper
  preparation of, 468
  rings and sticks, 468
  Slaw, **478**
Green Peppercorn Dressing, **518**
Green Rice, **410**
Greens, fresh, preparation of, 465
Griddle broiling of meat, 317
  timetable for, 320
Grilled Sandwiches, **544**
Grits, Baked Cheese, **415**
Guacamole (Avocado Dip), **78, 80**

H

Half-and-Half Rolls, **147**
Halibut with Black Bean Sauce, **297**
Ham
  Balls, Glazed, **354**
  and Cheese Sandwiches, Grilled, **544**
  Creamed, **355**
  Glazed Baked, and variations, **353**
  Loaf, **354**
  Omelet, **274**
  and Pasta Salad, **484**
  Patties, and variations, **354**
  Plantation Shortcake, **355**
  roasting, timetable for, 316
  Salad Sandwich, **536**
Hamburger Buns, **147**
Hamburgers
  Barbecued, **558**
  Grilled, **558**
  Oven-Baked, **557**
Hard Sauce, and variations, **586**
Hawaiian Tossed Salad, **473**
Herb Butter, **589, 590**
Herb Butter Seasonings, and variations, **590**
Herbed Fettuccine, **373**
Herbs and spices, uses of, 725–732
  fresh, color exhibit, XI
  fresh, preparation of, 466
Hollandaise Sauce, **580**
  Mock, **580**
Home-size recipes, increasing, 7
Honey
  Butter, **534**
  Cream Dressing, **518**
  French Dressing, **522**
  Rolls, **154**
  Streusel Topping for Muffins, **111**
  Yogurt Dressing, **518**
Hoppin' John (Rice with Black-Eyed Peas), **403**
Hors d'oeuvres
  Number per person, 75
Horseradish Cream Dressing, **518**
Horseradish Sauce, **574**
  Caper Sauce, **575**
  Dill Sauce, **575**
Hospitals, menu planning for, 698
Hot Barbecued Wings, **83**
Hot Chocolate, **91**
Hot Cross Buns, **147, 152**
Hot Dog Buns, **147**
Hot Fudge Sauce, **584**
Hot Mustard Sauce, **577**
Hungarian Goulash, **394**

I

Ice cream
  Icing, **190**
  Pie, **245**
  Puffs, **257**
  Roll, **185**
Ice Mold for Punch, **93**
Icing(s), **189–196**
  Bittersweet, **190**
  Boiled, **189**
  Burnt Butter, **189**
  Candied Fruit, **190**
  Chocolate, **190**
  Chocolate Butter Cream, **191**
  Chocolate Glaze, **195**
  Cocoa, **192**
  Coconut, **190**
  Coconut Pecan, **191**
  Cream Cheese, **192**
  Creamy, **192**
  Ice Cream, **190**
  Lemon Butter, **192**
  Maple Nut, **190**
  Maraschino Cherry, **190**
  Mocha, **194**
  Orange, **193**
  Orange Butter, **192**
  Orange Cream Cheese, **192**
  Peanut Butter, **193**
  Peanut Butter Glaze, **195**
  Peppermint, **190**
  Pineapple, **194**
  Powdered Sugar Glaze, **196**
  scaling weight, 159
Increasing and decreasing recipes, 6–9
Ingredients
  proportion of, 52
  substitutions for, 50–51
  used in standardizing recipes, 70
Italian
  Pasta Salad, **486**
  Salad Dressing, **521**
  Sausage Pasta, **387**
  Tomato Sauce, **573**

J

Jalapeño Cheese Bread, **138**
Jalapeño Rice, **410**
Jellied Waldorf Salad, **491**
Jelly Muffins, **112**
Jelly Roll, **186**

Jelly Sauce, **565**
Jicama, preparation for salad, 468

K

Kabobs, **331**
Kale, cooking of. *See* Spinach
Kiwi, preparation for salad, 469
Kolaches, **152**

L

Ladle equivalents, 40
Lady Baltimore Cake, **170**
Lamb, timetables for
  braising, **322**
  broiling, **319**
  cooking in liquid, **322**
  roasting, 315
Lasagna, 381
  Spinach, **379**
Lazy Daisy Cake, **172**
Lemon
  Baked Fish, **294**
  Basil Salad Dressing, **424**
  Butter, **589, 590**
  Butter Icing, **192**
  Butter Sauce, **582**
  Cake Pudding, **252**
  Chiffon Pie, **244**
    Frozen, **244**
  Cream Mold, **491**
  Filling, **199**
  herb seasoning, **588**
  Pie, **237**
  Refrigerator Dessert, **244**
  Sauce, **586**
Lemonade, **94**
Lentil Soup, **611**
  and Black Bean, **613**
Lettuce
  preparation for salads, 465
  Wilted, **670**
Lima Beans
  Baked, **637**
  Baked with Peas, **637**
  Baked with Sausage, **637**
  Boiled with Ham, **637**
  cooking of, 637
  Seasoned, **637**
  seasonings for, 637
Lime Filling, **199**
Lime Salad Dressing, **424**
Limpa Rye Bread, **145**
Liver
  with Bacon, **332**
  Braised, **332**
  Grilled, **332**
  with Spanish Sauce, **332**
Lobster Salad, **503**
Lobsters, selection and cooking of, 291
Long Johns, Rolls, **152**
Lunches for schools, 692

M

Macaroni and Cheese, **372**
Macaroni Salad, **485**
Macaroons, Coconut, **202**
Maitre d'Hôtel Sauce, **582**
Mangoes, preparation for salad, 469
Maple Nut Icing, **190**
Maraschino Cherry Icing, **190**
Marble Cake, **173**
Marinade
  Balsamic Vinegar, **595**
  Honey Balsamic, **595**
  Herb and Garlic, **596**
  Herb for Poultry or Fish, **595**
  Vinaigrette, **596**
  Dry, for meat or poultry, **593**
  Fish, **594**
  Meat, **593**
  Vegetable, **594**
Marinàra Sauce, **572**
Marmalade Nut Filling, **200**
Marmalade Rolls, Glazed,
Marshmallow Krispie Squares, and variations, **217**
Mayonnaise, and variations, **517–581**
  See also Salad dressings
Meat, 311–360
  See also Beef; Ham; Lamb; Pork Veal;
  cooking methods, 312–313
  Marinade, **593**
  purchasing and storage, 311
  timetables for
    braising, 322
    broiling, 318
    cooking in liquid, 322
    defrosting, 41
    griddle broiling, 317
    grilling, 321
    roasting, 313–314
Meat Loaf, **332**
  Vegetable, **333**
Meatballs, **333**
  Barbecued, **333**
  Italian, **333**
  with Spaghetti, **393**
  Spanish, **334**
  Swedish, **335**
Mediterranean Barley Pilaf, **416**
Melons, preparation for salads, 469
Menu planning, 687–701
  cycle, 687
  for different types of foodservices, 692–701
    colleges and universities, 695
    commercial, 695
    elementary and secondary schools, 692–695
    extended care and retirement facilities, 701
    hospitals, 698
  factors affecting, 688
  key points in, 690
  patterns, 688
  procedures, 690
  steps in, 691
  suggested menu items, 717–722
    desserts, 722
    entree accompaniments, 719
    entrees, 717–719
    garnishes, 723
    meatless entrees, 718
    salads and relishes, 720–721
    sandwiches, 718
    soups, 721
    vegetables, 720
  terms, glossary of, 739–747
  types of, 687
Meringue
  for Pies, **227**
  Shells and Sticks, **228**
Metric equivalents, 36
Meunière Sauce, **581**
Mexican Chocolate, **91**
Mexican Rice, **407**
Mexican Salad Dressing, **521**
Milk cookery, 267
Minestrone Soup, **610**
Mirepoix, **597**
Mixer bowl sizes, 47
Mocha Almond Pie, Frozen, **246**
Mocha Icing, **194**
Molasses Bran Bread, **143**
Molasses Drop Cookies, **207**
Mornay Sauce, **562**
Muffins
  Apple, **112**
  Apple Nut, **116**
  Apricot, **112**
  Banana, **113**
  Banana Whole Wheat, **113**
  Basic (Cake Method), **111**
  Basic (Muffin Method), **112**
  Blueberry, **112**
  Cherry, **112**
  Chocolate Chip, **111**
  Coconut, **111**
  Cornmeal, **112**
  Cranberry, **112**
  Currant, **112**
  Date, **112**
  Ginger, **182**
  Honey Streusel Topping for, **111**
  Jelly, **112**
  Nut, **112**
  Oatmeal, **114**
  Oatmeal Fruit, **114**
  Poppy Seed Yogurt, **115**
  Raised, **150**

Raisin Nut, **112**
Spiced, **112**
Whole Wheat, **112**
Mushroom(s)
Barley Soup, **616**
French Fried, **654**
Marinated, **480**
preparation of, 468
Rice Pilaf, **407**
Roasted Portabella, **652**
on orzopilaf, **653**
Sauce, **562, 565, 566**
Soufflé, **283**
Soup, Cream of, **616**
Stuffing, **461**
types of, color exhibit XXI
Mustard greens, cooking of. *See* Spinach
Mustard Sauce, **576**
Chinese, **576**
Hot, **577**
Savory, **565**

N

Nacho Dog, **357**
Nacho Sauce, **80, 81**
Nacho Tostadas, **555**
Nachos, **80**
quick, **81**
Navy Bean Soup, **612**
Noodles
See also Pasta
with Beef and Pork, **397**
and Chicken, **456**
and Pork Casserole, **456**
Romanoff, **374**
and Tuna, **302**
and Turkey, **456**
Nut
Bread, **124**
Cream pie, **235**
Muffins, **112**
Stuffing, **461**
Nutmeg Sauce, **586**
Nutrition information, recipes, 70
Nutritional values, 70

O

Oatmeal
Bread, **143**
Coconut, Crispies, **221**
Crispies, **221**
Date Bars, **216**
Drop Cookies, **204**
Muffins, **114**
Oil and Vinegar Dressing, **521**
Okra, cooking of, 631
Olive Sauce, **565**
Omelet
Bacon, **274**
Baked, **274**
Cheese, **274**
Cheese and Bacon, **274**
Chinese, **276**
Grilled Cheese, **274**
Ham, **274**
Jelly, **274**
Mushroom and Cheese, **274**
Potato, **275**
Spanish, **274**
Onion(s)
Baked, **653**
Butter, **590**
Casserole, **653**
cooking of, 653
French Fried, **654**
Glazed, **653**
Gravy, **564**
Pearl, Creamed, **653**
preparation for salad, 468
seasonings for, 653
Orange
Biscuits, **111**
Butter Icing, **192**
Chiffon Cake, **168**
Chiffon Pie, **244**
Cream Cheese Icing, **192**
Cream Puffs, **257**
Filled Angel Food Cake, **166**
Filling, **199**
Glaze for Ham, **353**
Icing, **193**
Rolls, **154**
Sauce, **586**
Oranges, preparation for salad, 469
Oriental Bean Salad, **476**
Oriental Coleslaw, **478**
Oriental Shrimp and Pasta, **308**
Orzo Pilaf, **370**
Lemon, **371**
Ounces and decimal equivalents, 54
Oyster(s)
marketing sizes, 292
Scalloped, **305**
selection and cooking of, 292
Stew, **624**
Stuffing, **461**

P

Pan capacities
baked products, 48
counter pans, 49
Pan Coating, 165
Pancakes, **128**
Apple, **128**
Blueberry, **128**
Buttermilk, **128**
Mix, and table for use, 129–130
Pecan, **128**
Potato, **663**
Silver Dollar, **128**
Whole Wheat, **129**
Papaya, preparation for salad, 469
Parker House Rolls, **148**
Parsley Butter, **589**
Parsley Butter Sauce, **582**
Parsnips
cooking of, 631
Glazed, **646**
with Carrots, **646**
Party Cheese Ball, **81**
Party trays, 76
Pasta, **361–366, 396-398**
Basil and Parmesan Bows with Sugar Snap Peas, **382**
Beef on Noodles, **398**
Beef, Pork, and Noodle Casserole, **397**
with Cheese Sauce, **375**
Chicken and Noodles, **456**
Chicken Tetrazzini, and variations, **395**
with Clam Sauce, **375**
cooking of, 369
cooking times, 369
Creole Spaghetti, **389**
Fettuccine with Herb Butter Sauce, **388**
with Pesto Sauce, **388**
Garden, **390**
Garlic and Red Pepper Penne, **383**
Ham and Swiss Broccoli, **377**
Herbed Fettuccine, **373**
Hungarian Goulash, **394**
Italian Sausage, **387**
Lasagna, **380, 381**
Spinach, **378, 379**
Lemon and Herb Penne, **383**
Macaroni and Cheese, **372**
with Ham, **372**
Noodles Romanoff, **374**
Oriental Shrimp and Pasta, **308**
Lemon, **371**
Orzo Pilaf, **370**
Pasta, Beef, and Tomato Casserole, **396**
Pasta Wheels and Vegetables, **388**
Pork and Noodle Casserole, **456**
Primavera, **376**
Rigatoni and Spinach, **385**
Roasted Eggplant & Chick-pea Ragout on Penne, **384**
salads. *See* Salads
shapes, 362–366
with Shrimp Sauce, **375**
Spaghetti
with Chicken Sauce, **391**
with Meat Sauce, **392**

with Meatballs, **393**
with Vegetarian Sauce, **390**
Swiss Broccoli, **377**
Turkey and Noodle Casserole, **456**
with Vegetable Sauce, **387**
Vegetarian Spaghetti, **390**
yields, 369
Ziti with Four Cheeses, **386**
Pastry. *See* Pies
Patty Melt, **547**
Peach(es)
Cobbler with Hard Sauce, **263**
Crisp, **259**
Melba, **588**
Pie, **230**
preparation for salad, 469
Peanut Butter
Cake, **179**
Cookies, **205, 209**
Glaze, **195**
Icing, **193**
Marshmallow Squares, **217**
Sauce, **587**
Peanut Cookies, **208**
Pears, preparation for salad, 469
Peas
cooking of, 655
Creamed with New Potatoes, **655**
with Lemon-Mint Butter, **655**
with Mushrooms, **655**
with New Turnips, **655**
with Pearl Onions, **655**
Seasoned, **655**
seasonings for, 655
Pecan
Pancakes, **128**
Pie, **240, 241**
Rolls, **154**
Waffles, **130**
Peppermint Icing, **190**
Pepper Pot Soup, **614**
Pepper Steak, **326**
Peppers, bell
preparation for salad, 468
Roasted, **655**
Stuffed, **344**
Peperonata, **656**
Percentage method of recipe adjustment, 7
Perfection Salad, **492**
Pickled Beets, **515**
Pies, 163, 233–246
Angel, **228**
Apple Crumb, **231**
Apple, Fresh, **230**
Apricot, **232**
Banana Cream, **235**
Berry, **230**
Blueberry, **230**
Boston Cream, **172**
Butterscotch Cream, **236**
with Canned Fruit, **228**
Cherry, **230**
Chocolate Chiffon, **242**
Frozen, **242**
Peppermint, **242**
Chocolate Cream, **235**
Coconut Cream, **235**
Coconut Custard, **238**
Cream, and variations, **235**
Crumb Crusts, **227**
Custard, **238**
Date Cream, **235**
with Frozen Fruit, **229**
guide for, 230
Fruit, Glazed, **235**
Gooseberry, **230**
Ice Cream, **245**
Lemon, **237**
Lemon Chiffon, **244**
Frozen, **244**
Meringue for, **227**
Mocha Almond, Frozen, **246**
Nut Cream, **235**
Orange Chiffon, **244**
Pastry, **223**
Cheddar Cheese, **225**
for One-Crust Pies, **224**
Graham Cracker Crust, **226**
preparation of, 223
quality standards, 163
for Two-Crust Pies, **225**
Peach, **230**
Pecan, **240**
Pecan Cream Cheese, **241**
Pineapple Cream, **235**
preparation of, 163
Pumpkin, **239**
Pumpkin Praline, **239**
Raisin, **232**
Raspberry Alaska, **245**
Rhubarb, **230, 233**
Rhubarb Custard, **234**
Sour Cream Apple Nut, **231**
Strawberry, **230**
Strawberry Chiffon, **243**
Pigs in Blankets, **359**
with Cheese, **359**
Pilaf, Rice, **407**
Mediterranean Barley, **416**
Pimiento Sauce, **562**
Pimiento Vinaigrette Dressing, **424**
Piña Colada, Mock, **97**
Pineapple
Bavarian Cream, **258**
Cashew Cake, **180**
Cheese Salad, Molded, **491**
Cream Pie, **235**
Cream Pudding, **250**
fresh, coring and peeling of, 469, 470
Icing, **194**
Pie, **235**
preparation for salad, 469, 470
Punch, Blushing, **98**
Upside-Down Cake, **173**
Pink Champagne-Style Punch, **98**
Pinwheel Cookies, **222**
Piquant Sauce, **565**
Pizza, **341–343**
Beef, **341**
and Mushroom, **342**
Burger, **553**
Cheese, **342**
Garden, **342**
Pepperoni, **342**
portioning guidelines, 341
Sauce, **387**
temperature guidelines, 343
Placement of food and cover, served meal, 712
Planning the menu and special events, 703–714
Plantation Shortcake, **355**
Polenta, Parmesan, **421**
Pomegranate, preparation for salad, 469
Popcorn Rolls, **148**
Poppy Seed Cake, **170**
Poppy Seed Dressing, **520**
Poppy Seed Yogurt Muffins, **115**
Pork
See also Bacon; Frankfurters; Ham
Birds, **346**
Chops, Baked, **349**
with Apples, **349**
Barbecued, **350**
Breaded, **349**
Chili Seasoned, **350**
Deviled, **350**
with Dressing, **349**
Honey Glazed, **350**
Stuffed, **349**
Supreme, **350**
cooking methods, 312
Loin
Garlic and Peppercorn, **348**
Herbed, **348**
Jeweled, **348**
Rosemary, **348**
Teriyaki Glazed, **348**
and Noodle Casserole, **456**
sandwiches. *See* Sandwiches
Sausage Gravy on Biscuits, **358**
Sausage Rolls, **359**
Scrapple, **356**
Spareribs
Barbecued, **351**
with Dressing, **351**
with Sauerkraut, **351**
Sweet-Sour, **351**

Stir-Fried, **447**
Sweet-Sour, **352**
timetable for
braising, 322
broiling, 319
cooking in liquid, 322
griddle broiling, 320
roasting, 316
Portabella Peperonata on Orzo Pilaf, **653**
Portuguese Sweet Bread, **144**
Pot Pie
Beef, **336**
Chicken, **455**
Pot Roast of Beef, and variations, **324**
Potato(es)
American Fried, **663**
au Gratin, **662**
Baked, **657**
Broccoli Cheese-Topped, **657**
Cheese-Topped, **657**
Stuffed, **657**
with Toppings, **657**
Bread, **144**
Chips, **659**
Chowder, **620, 623**
cooking of, 658
Cottage Fried, **662**
Croquettes, **658**
Deep-Fat Browned, **659**
Duchess, **658**
Franconia, **667**
French Fried, **659**
Hashed Brown, **663**
Herbed Bake, **667**
Lattice, **659**
Lyonnaise, **663**
Mashed, **658**
Casserole, **658**
and Roasted Garlic, **658**
with Rutabagas, **658**
and Vegetables, **683**
New, Creamed, **660**
Lemon-Seasoned, **660**
in Mustard, **660**
Paprika Seasoned, **660**
Parmesan, **660**
with Peas, **660**
O'Brien, **663**
Omelet, **275**
Oven-Browned, **667**
Oven-Fried, **663**
Pancakes, **663**
Parsley Buttered, **660**
Rissole, **667**
Rosemary Roasted, **661**
Roasted Red-skinned, **661**
Romanoff, **666**
Rosettes, **658**
Salad, **488**
Hot, **489**
Scalloped, and variations, **664**
Shoestring, **659**
and Roasted Pepper, **622**
Soup, Cream of, **616**
Sour Cream, **665**
Sweet. *See* Sweet potatoes
Potentially hazardous foods, 45, 733
Poultry, **433–461**
See also Chicken; Cornish game hens; Duck; Goose; Turkey
breading sequence for, 437
cooking methods, 433–440
braising, 436
broiling or grilling, 435
deep-fat frying, 436
En Papillote, 436
oven frying, 436
pan frying, 436
poaching, 438
roasting, guide for, 438–439
safe handling, 433
stewing or simmering, 438
defrosting timetable, 41
purchasing and storage, 433
yields of cooked meat, 17
Pound Cake, **183**
Powdered Sugar Glaze, **196**
Praline Cake, **173**
Praline Pumpkin Pie, **239**
Produce storage temperatures, 471
Prune Date Filling, **197**
Prune Filling, **200**
Pudding(s)
Banana Cream, **250**
Bread, **254**
Butterscotch, **247**
Chocolate, and variations, **248**
Chocolate Cream, **250**
Christmas, **256**
Coconut Cream, **250**
Cottage, **172**
Date, Baked, **251**
Floating Island, **255**
Lemon Cake, **252**
Pineapple Cream, **250**
Russian Cream, **258**
Tapioca Cream, **249**
Vanilla Cream, **250**
Puff Shells, **257**
Pumpkin
Bread, **127**
Cake, **184**
Cake Roll, **188**
Pie, **239**
Praline Pumpkin Pie, **239**
Punch, **92–103**
Apricot-Pineapple, Sparkling, **97**
Banana, **94**
Banana Slush, **95**
Basic Fruit, **92**
Blushing Pineapple, **98**
Cider, **101**
Mulled, **101**
Spiced, **101**
Cranberry, **95**
Spiced, **101**
Warmer, **100**
Ginger Ale Fruit, **93**
Golden, **93**
Grape, Sparkling, **93**
Ice Mold for, **93**
Lemonade, **94**
Mock Piña Colada, **97**
Nonalcoholic Cocktails, **103**
Pink Champagne-Style, **98**
preparation of, 88
Red Hot Tea, **98**
Ruby Wine, **102**
Sangria Sipper, **96**
Simple Syrup for, **93**
Spiced Rosé Warmer, **102**
Wassail, **99**
White Wine Sangria, **96**

Q

Quality-standards
cakes, 160
cookies, 162
Evaluating Food products, 735–736
pastry, 163
Standards,
quick breads, 107
yeast breads, 109
Quesadillas, cheese, **550**
Corn and Roasted Pepper, **550**
Quiche, 279
Leek and Roasted Pepper, **280**
Mushroom, **279**
Sausage, **279**
Seafood, **279**
Swiss Spinach, **279**
Vegetable, **280**
Quick breads. *See* Breads, quick
Quinoa Pilaf, **420**

R

Radishes, accordions and roses, 468
Raisin
Biscuits, **111**
Bread, **137**
Nut Muffins, **112**
Pie, **232**
Sauce, **578**
Stuffing, **461**
Ranch Style Beans, **638**
Raspberry Alaska Pie, **245**

Raspberry Sauce, **588**
Ratatouille, **679**
  Summer, **680**
Receptions and teas, 704
  table arrangement for, 705
Recipe adjustment, 5–8
  development and construction, 5
  converting to metric, 5
  converting from weight to measure, 6
  direct reading tables, 54–67
  enlarging home-size recipes, 8
  factor method, 6
  for fat, sodium, sugar reduction, 9
  increasing and decreasing yields, 6
  percentage method, 7
Recipe information, 70–71
  abbreviations used, 71
  Basic Recipes, 71
  cooking time and temperature, 71
  critical control points, 71
  ingredients used in standardizing, 70
  nutrition information, 70
  weights and measures, 71
  yield, 70
Refried Beans, **640**
Religious Customs, 737
Relishes, 512–516
  Apple Rings, **512**
  Beet Pickles **515**
  Black Bean and Corn Relish, **514**
  Buttered Apples, **513**
  carrot curls and sticks, 467
  celery curls and rings, 467
  Cinnamon Apples, **512**
  Corn Relish, **514**
  Cranberry Relish, **513**
    Baked, **513**
    Orange, **513**
  Cranberry Sauce, and variations, **513**
  Fresh Tomato, **481**
  Fried Apples, **512**
  Minted Tabouli, **516**
  radish accordions and roses, 468
  Sauerkraut Relish, **514**
  Summer Cucumber and Melon Salsa, **569**
Reuben Sandwich, **555**
Rhubarb Custard Pie, **234**
Rhubarb Pie, **230, 233**
Ribbon Gelatin Salad, **491**
Ribbon Rolls, **148**
Ribbon Sandwiches, **532**
Rice
  au Gratin, with Broccoli, **410**
    with Cauliflower, **410**
  basic proportions, 367
  with Black-Eyed Peas (Hoppin' John), **402**
  and Chicken Casserole, **457**
  converted, 361
  cooking of, 399
  Curried, 407, **412**
  Custard, **254**
  Fried, **402**
    with Almonds, **402**
    with Ham, **402**
    with Pork, **402**
    with Shrimp, **402**
  Ginger Rice, **400**
  Ginger Rice Stir-Fry, **401**
  Green, **410**
  Hopping John, **403**
  Jalapeño, **410**
  and Lentils with Carrots, **411**
  Mexican, **407**
  Pilaf, **407**
    with Mushrooms, **407**
  Primavera, **409**
  and Raisins, **413**
  Red Beans and Rice, **428**
  Risotto, **404, 418**
  Sicilian, with Vegetables, **408**
  Spanish, **344**
  Toasted Herb, **407**
  Tomato Cilantro, **405**
  types of, 361, 366–367
  yields, 367
Rigatoni and Spinach, **385**
Risotto, **404, 418**
Roast Beef Sandwich, **548**
Roast Pork Sandwich, **548**
Rolls. *See also* Breads, Yeast
  Basic Dough, **146**
  Bowknots, **146**
  Braids, **146**
  Buns. *See* Buns
  Butter Slices, **136**
  Butterflake, **147**
  Butterfly, **153**
  Butterhorns, **146**
  Butterscotch, **153**
  Caramel Crowns, **146**
  Caramel Pecan, **154**
  Cherry Nut, **151**
  Cinnamon, **153**
    Double, **154**
    Jumbo, **154**
    Raisin, **154**
    Twists, **151**
  Cloverleaf, **147**
  Crescent, **147**
  Dinner, **147**
  Fan Tan, **14**
  Glazed Marmalade, **154**
  Half-and-Half, **147**
  Honey, **154**
  Hot Cross Buns, **147, 152**
  Kolaches, **152**
  Long Johns, **152**
  Orange, **154**
  Pan, **147**
  Parkerhouse, **148**
  Pecan, **154**
  Popcorn, **148**
  Poppy Seed, **148**
  Raised Muffins, **150**
  Ribbon, **148**
  Rosettes, **148**
  Rye, **145**
  Sesame, **148**
  Sugared Snails, **154**
  Sweet Roll Dough, Basic, **151**
  Twin, **148**
  Twists, **148**
  Whole Wheat, **148**
Romaine, preparation of, 465
Roquefort Dressing, **518, 521**
  Creamy Blue, **517**
Rosettes, **148**
Rounding off weight and measures, 53
Roux, 559
Rubs, **560, 591–592**
Ruby Wine Punch, **102**
Russian Cream, **258**
Russian Salad Dressing, **518**
Rutabagas, cooking of, 658
  Mashed, with Potatoes, **658**
Rye Bread
  Caraway, **145**
  Limpa, **145**
  Swedish, **145**
Rye Rolls, **145**

S

Salad dressing(s), 470, 517–529
  Apple cider, **526**
  Bacon, **519**
  Buttermilk, **517**
  Campus, **517**
  Celery Seed French, **520**
  Celery Seed Fruit, **527**
  Chantilly, **517**
  Chiffonade, **521**
  Chilean, **519**
  Combination, **518**
  Cooked, **518**
  Creamy Blue Cheese, **517**
  Cucumber Yogurt, **529**
  Dilly, **517**
  Egg and Green Pepper, **517**
  French, and variations, **520, 521**
  French, Thick, **520**
  Fruit, **527**
  Garden, **518**
  Garlic Herb, **529**
  Golden Fruit, **527**
  Green Peppercorn, **518**
  Honey Cream, **518**
  Honey French, **522**

Honey Lime, **522**
Honey Yogurt, **518**
Horseradish Cream, **518**
ingredients, 470–471
Italian, **521**
Lemon Basil, **424**
Lime, **424**
Mayonnaise, and variations, **517**
Mexican, **521**
Oil and Vinegar, **521**
Poppy Seed, **520**
Poppy Seed Fruit, **527**
Roquefort, **518**
Roquefort Cheese French, **521**
Russian, **518**
Sesame Seed French, **521**
Sour Cream, **520**
Sour Cream Basil, **518**
Tarragon, **521**
Thousand Island, **518**
Tomato French, **521**
Vinaigrette, **524**
Basil, **523**
Creamy, **525**
Dijon Mustard, **524**
Hot for Salad Greens, **526**
Raspberry, **525**
Sweet Sesame, **525**
with Pimiento, **524**
Vinegar, types of, 470
Yogurt Herb, **528**
Yogurt Orange, **528**
Salads, 463–516
See also Salads, entree; Salads, fruit; Salads, gelatin, Salads, vegetable and pasta
arranged salads, 463
ingredients, 464
fruits, 468
greens, 465
herbs, 466, Color exhibit XI
preparation of, 464–470
vegetables, 467
salad bars, 463
arrangement of, 464
basic components of, 464
Salads, entree, 498–511
Chef's Salad Bowl, and variations of, **498**
Chicken, **499**
Avocado-Orange, **499**
with Bacon, **498**
Blackened, **500**
Crunchy, **499**
Curried, **499**
Fruited, **499**
Hot, **451**
Mandarin, **499**
Pasta, **485**
Pasta Salad Plate, **501**
Cottage Cheese, **509**
Crab, **503**
Deli Plate, **510**
Fruit Salad Plate, **511**
Ham and Pasta, **484**
Lobster, **503**
Marinated Chicken and Fresh Fruit, **500**
Pasta and Crab, **504**
Salmon. **508**
poached on greens, 503
Seafood Chef, **498**
Shrimp, **505**
Shrimp-Rice, **506**
Shrimp Tortellini Salad Plate, **502**
Taco, **498**
Tomato, Stuffed, and variations, **508–509**
Tuna, and variations, **507, 508**
Tuna Pasta Salad Plate, **507**
Turkey, **499**
Hot, **451**
Turkey Croissant Salad Plate, **510**
Salads, Fruit, 493–497
Acini de Pepe Fruit, **494**
Ambrosia Fruit, **495**
Apple Pear, **494**
Apple (Waldorf), and variations, **493**
Citrus Pomegranate, **496**
Fresh Fruit Salad Bowl, **496**
Frozen Fruit, **497**
Fruit Salad Plate, **511**
Grapefruit
Apple, **496**
Orange, **496**
Orange-Avocado, **496**
Orange-Pear, **496**
Spiced Apple, **496**
Tender Greens and Fruit, **474**
Waldorf, **493**
Salads, gelatin, 490–492
Apple Cinnamon Swirl, **490**
Applesauce, **490**
Arabian Peach, **490**
Autumn, **490**
Blueberry, **490**
Boysenberry, **491**
Cranberry, **491**
Cranberry Apple, **491**
Cucumber Soufflé, **491**
Frosted Cherry, **491**
Frosted Lime, **491**
Fruit Gelatin, and variations, **490**
Jellied Waldorf, **491**
Lemon Cream Mold, **491**
Perfection, **492**
Pineapple Cheese, **491**
Ribbon, **491**
Sunshine, **491**
Swedish Green-Top, **491**
Tomato Aspic, **492**
Under-the-Sea, **491**
Salads, vegetable and pasta, 473–489
Asparagus, Marinated, **480**
Asparagus Vinaigrette, **633**
Basic Green, and variations, **473**
Brown Bean, **476**
Cabbage Apple, **479**
Cabbage-Carrot Slaw, **479**
Cabbage-Pineapple-Marshmallow, **479**
Carrifruit, **475**
Carrot Raisin, and variations, **475**
Carrots, Marinated, **482**
Cauliflower Bean, **476**
Cauliflower Broccoli, **478**
Coleslaw, **478**
Creamy, **478**
Oriental, **478**
Cucumber and Onion in Sour Cream, **479**
Fettuccine, Marinated, **487**
Fettuccine Vinaigrette, **487**
Garbanzo Bean, **477**
with Pasta, **477**
Garden, Marinated, **483**
German Cucumbers, **479**
Green Beans, Marinated, **480**
Green Pepper Slaw, **478**
Hawaiian Tossed, **473**
Hot Potato Salad, **489**
Italian Pasta, **486**
Macaroni, **485**
Mushrooms, Marinated, **480**
Oriental Bean, **476**
Pasta, Basic, **484**
Pasta and Chicken, **485**
Pasta and Ham, **485**
Potato, **488**
Salad Greens with Grapefruit, **473**
Spinach, **473**
Spinach Cheese, **484**
Summer Cucumber and Melon, **569**
Spinach Mushroom, **473**
Tender Greens and Fruit, **474**
Tomato Basil, **480**
and Romaine, **481**
Tomato and Cucumber, **482**
Tomato, Marinated, **481**
Tomato and Mozzarella, **482**
Tomato Relish, **481**
Tossed Vegetable, **474**
Triple Bean, **476**
Vegetable Collage, **480**
Salisbury Steak, **328**
Salmon
Baked Whole, **299**
Creamed, **303**
Loaf, **301**

Poached, **300**
on Field Greens, **503**
Salad, **508**
Salad Sandwich, **537**
Salsa, **568**
Fruit, **570**
Summer Cucumber and Melon, **569**
Sandies, **219**
Sandwich(es), 531–558
Bacon, Lettuce, and Tomato, **538**
Bierocks, **544**
Barbecued Beef, **548**
Calzone, Broccoli, **549**
Ham & Swiss Florentine, **549**
Roasted Vegetable, **549**
Canapés, preparation of, **532**
Cheese Salad, **534**
Chicken Pocket, **539**
Chicken Salad, **536**
Chili Dog, **357**
Chimichanga, **556**
Chuck Wagon, **329**
Club, **538**
Croissant with Garden Vegetables, **558**
Deli Wrap, **541**
Egg Salad, **535**
Fajitas, **543, 551, 552**
freezing of, 533
French Dip, **548**
Grilled, **544**
Cheese, **544**
Corned Beef and Swiss on Rye, **544**
Ham and Cheese, **544**
Hot Tuna Grill, **544**
Turkey and Swiss, **544**
Ham and Cheese, **536, 538**
Ham Salad, and variations, **536**
Hamburgers
Barbecued, **558**
Grilled, **558**
Oven-Baked, **557**
Hot Meat and Cheese, **546**
Italian Sausage, **359**
Meat Loaf, **548**
Meat Salad, **536**
Nacho Dog, **357**
Patty Melt, **547**
Pimiento Cheese, **535**
Pita
Pack a Pita, **542**
Vegetable, **543**
Pizzaburger, **553**
Pork Loin with Salsa, **539**
preparation of ingredients, 531
preparation of sandwiches, 532–533
checkerboard, 532
closed, 532
grilled and toasted, 532
open-faced, hot, 532
ribbon, 532
rolled, 533
Grilled Corn and Roasted Pepper Quesadillas, **550**
Cheese, **550**
Rueben, **555**
Roast Beef, Hot, **548**
Roast Pork, Hot, **548**
Salmon Salad, **537**
Sandwich Spread, **534**
Sloppy Joe, **553**
Southwestern Style Steak Wrap, **541**
Submarine, and variations, **540**
Tacos, **554**
Tuna Melt, **547**
Tuna Salad, **537**
Grilled, **537**
Turkey Club Hoagie, **538**
Turkey French Dip, **548**
Turkey, Hot, **548**
Vegetarian Pocket, **539**
Western, **553**
Whipped Margarine or Butter for, **534**
Wraps, Deli, **541**
Steak, **541**
Sangria Sipper, **96**
White Wine, **96**
Sauce(s), dessert, 583–588
Butterscotch, **583**
Caramel, **583**
Chocolate, **584**
Custard, **255, 585**
Fluffy Orange, **585**
Hard, **586**
Brown Sugar, **587**
Cherry, **586**
Strawberry, **586**
Hot Fudge, **584**
Lemon, **586**
Nutmeg, **586**
Orange, **586**
Peanut Butter, **587**
Raspberry, **588**
Strawberry, **588**
Syrup, Blueberry, **588**
Brown Sugar, **588**
Vanilla, **586**
Sauce(s), entree and vegetable, Marinades, Rubs, Seasonings, 559–596
à la King, **561**
Almond Butter, **582**
Bacon, **561**
Hot, **582**
Barbecue, **567**
Bean and Tomato, **571**
Béchamel, **562**
Brown, **565**
Cheese, **561**
Cheese Broccoli, **561**
Cheese Sandwich, **561**
Clam, **375**
Cocktail, **575**
Compound Butter, **589**
Cranberry, and variations, **513**
Cucumber, **578**
Drawn Butter, **582**
Egg, **561**
Fish Marinade, **594, 595**
Golden, **562**
Gravy, Pan, **564**
variations. *See* Gravy
Herb Butter, and variations, **589**
Hollandaise, **580**
Horseradish, **574**
Caper, **575**
Dill, **575**
Italian Tomato, **573**
Jelly, **565**
Lemon Butter, **582**
Lemon Herb Seasoning, 591
Maitre d'Hôtel, **582**
Marinàra, **572**
Meat Marinade, **593**
Meunière, **581**
Mornay, **562**
Mushroom, **562, 565, 566**
Mustard, **576**
Chinese, **576**
Hot, **577**
Savory, **565**
Nacho, **80, 81**
Olive, **565**
Parsley, **562**
Parsley Butter, **582**
Pimiento, **562**
Piquant, **565**
Pizza, **387**
Raisin, **578**
Salsa, **568, 569, 570**
Sandwich Tomato, **387**
Savory Cream, **563**
Seasoned Salt, **591**
Shrimp, **562**
Spanish, **574**
Sweet-Sour, **577**
Swiss Cheese and Mushroom, **562**
Tartar, **579**
Tomato, Zucchini, **572**
types of, 559
Vegetable Marinade, **594, 595, 596**
Vegetable, for Pasta, **387**
Velouté, **562**
White, and variations, **561**
Mix for, **560**
Sauerbraten, **325**

Sauerkraut Relish, **514**
Sausage
  Balls, **82**
  and Egg Bake, **277**
  Creamed and Biscuits, **358**
  Gravy, **358**
  Oven-Fried, **356**
  and Potato Bake, **277**
  Rolls, **359**
  Stuffing, **461**
Scaling weights
  for cakes, 156–158
  for icings and fillings, 159
Scallops, Gratin, **309**
Scallops, selection and cooking of, 292
Schools
  breakfast program, 395, 696
  lunch patterns for, 697
  menu planning for, 692
Scones, Scotch, **111**
Scoops. *See* Dippers
Scotch Woodcock, **273**
Scrambled Eggs, and variations, **272, 273**
  oven method for cooking, 273
  steamer method for cooking, 272
Scrapple, **356**
Seafood Chef Salad, **498**
Seasoned Salt, **591**
Seasonings
  Cajun, **592**
  Herb Butter, **590**
  proportions of, 52
  Regional, 727
Serving temperatures, 43
Sesame Rolls, **148**
Sesame Seed Dressing, **521**
Shellfish. *See* Fish and shellfish
Shortcake, Biscuit, **111**
  Old-Fashioned Strawberry, **264**
Shortribs, Barbecued, **351**
Shrimp
  Caribbean, **306**
  count and descriptive names for, 292
  Creole, **307**
  Fried Rice, **402**
  and Pasta Oriental, **308**
  Peel, **84**
  Salad, **505**
  Sauce, **562**
  selection and cooking of, 292
  Tortellini Salad Plate, **502**
Sicilian Rice and Vegetables, **408**
Singapore Curry, **454**
Sloppy Joe, **553**
Snickerdoodles, **210**
Sole, Filet of, Amandine, **296**
Soufflé
  Cheese, **283**
  Mushroom, **283**
  Spinach, **671**
Soup(s), 597–627
  Alphabet, **604**
  Asparagus, Cream of, **616**
  Basic Sauce for Cream Soups, **616**
  Beef
    Barley, **601**
    Noodle, **604**
    Rice, **604**
    Stock, **599**
    Vegetable, Hearty, **603**
  Black Bean, **425**
  Bouillon, and variations, **600**
  Broccoli and Cheese, **619**
  Broccoli, Cream of, **616**
  Broccoli Swiss, **619**
  Cauliflower, Cream of, **616**
  Celery, Cream of, **616**
  Cheese, **618**
  Chicken Noodle, **605**
  Chicken Rice, **605**
  Chicken Velvet, **617**
  Cream of Chicken, **617**
  Creole, **604**
  French Onion, **615**
  Gazpacho (Spanish Chilled Soup), **626**
  Lentil and Black Bean, **611, 613**
  Minestrone, **610**
  Mushroom, Cream of, **616**
  Mushroom Barley, **616**
  Navy Bean, **612**
  Oyster Stew, **624**
  Pepper Pot, **614**
  Potato Chowder, **620**
  Potato, Cream of, **616**
  Potato and Roasted Pepper, **622**
  Potato Ham Chowder, Hearty, **623**
  Spinach, Cream of, **616**
  Split Pea, **611, 612, 613**
  Stock, preparation of, 597
    Beef, **599**
    Brown, **599**
    Chicken, **598**
    Vegetable, **600, 601**
    White, **598**
  Tomato
    Barley, **613**
    Bouillon, **600**
    Rice, **613**
  Turkey Vegetable Soup, **606**
  types of, 597
  Vegetable
    Beef, **602**
    Chowder, **620**
    Cream of, **616**
  Vichyssoise (Chilled Potato Soup), **627**
Sour Cream Dressing, **520**
  Basil, **518**
Spaetzles (Egg Dumplings), **133**
Spaghetti
  See also Pasta
  with Cheese Sauce, **375**
  with Chicken Sauce, **391**
  with Clam Sauce, **375**
  Creole, **389**
  with Meat Sauce, **392**
  with Meatballs, **393**
  with Shrimp Sauce, **375**
  with Vegetable Sauce, **390**
  Vegetarian, **390**
Spanish
  Meatballs, **334**
  Omelet, **274**
  Rice, **344**
  Sauce, **574**
  Steak, **327**
Spareribs
  Baked with Dressing, **351**
  Barbecued, **351**
  with Sauerkraut, **351**
  Sweet-Sour, **351**
Special meals and receptions, 703–716
  banquet service for, 710–713
  coffees and brunches, 705–706
  planning, 703
  receptions and teas, 704
Spiced Rosé Warmer, **102**
Spices and herbs, 725–732
  Blends, **732**
  Toasting, **592**
  Toasted Spice Blend, **592**
Spinach
  Cheese Salad, **484**
  Creamed, **670**
  Grepes, 449
  and other greens, cooking of, 670
  Lasagna, **378, 379**
  Salad, **473**
  Seasoned, **670**
  seasonings for, 670
  Soufflé, **671**
  Soup, Cream of, **616**
  Stuffed Tomatoes, **675**
  Wilted, **670**
Split Pea Soup, **611, 612, 613**
  and Black Bean, **611**
Sponge Cake, **167**
Spoon Bread, **122**
Squash
  Acorn, Baked, and variations, **672**
  Butternut, Mashed, **673**
  Butternut-Apple Casserole, **673**
  cooking of, 672–674
  Spaghetti, Baked, **672**
    with Clam Sauce, **673**
    with Vegetable Sauce, **673**
  Winter, Mashed, **673**

Zucchini
Casserole, **674**
French-Fried, **654**
Ratatouille, **679, 680**
Seasoned, **674**
and Summer Squash, **674**
and Tomato Casserole, **674**
Star fruit, preparation for salad, 469
Steak. *See* Beef
Steam-jacketed kettle sizes, 47
Stew, Beef, and variations, **336**
Green Chili, **337**
Stir-Fried Beef
with Broccoli, **446**
with Sugar Snap Peas, **330**
Stir-Fried Pork, **447**
Stir-Fried Vegetables, **447, 678**
Stir-frying, directions for, 320
seasoned oil for, 678
Stock
Beef, **599**
Brown, **599**
Chicken, **598**
Vegetable, **600**
White, **598**
Storage temperatures, 40
Strawberry
Bavarian Cream, **258**
Chiffon Pie, **243**
Pie, **230**
Sauce, **588**
Shortcake, **264**
Streusel Topping, **230**
Stroganoff, Beef, **338**
Stuffed Peppers, **344**
Stuffing. *See* Dressing, bread
Submarine Sandwich, **540**
Substitutions, ingredient, 50–51
Succotash, **637**
Sugar Cookies, **210, 222**
Sugared Snails, **154**
Suggested menu items, 717–722
Sunshine Salad, **491**
Swedish
Braids, **152**
Green Top Salad, **491**
Meatballs, **335**
Rye Bread, **145**
Sweet Potato(es)
and Apples, **668**
Baked, **668**
cooking of, 668
Glazed or Candied, and variations, **668**
Mashed, **668**
Roasted with Soy Sauce, **661**
seasonings for, 668
Soufflé, **669**
Sweet Roll Dough, Basic, and variations, **151**
Sweet Sesame Vinaigrette Dressing, **525**
Sweet-Sour Sauce, **577**
Swiss Broccoli Pasta, **377**
Swiss Cheese and Mushroom Sauce, **562**
Swiss Steak, and variations, **327**
Syrup
Blueberry, **588**
Brown Sugar, **588**
Burnt Sugar, **175**
Simple, **93**
Szechwan Chicken, **448**

T

Table arrangement
for buffets, 707–709
for receptions and teas, 705
Table cover for served meal, 711
Table service for banquets, 711
Tables and guides, how to use, 3
Tabouli, Minted, **516**
Taco Salad, **498**
Taco Salad Casserole, **343**
Tacos, **554**
Tapioca Cream Pudding, **249**
Tarragon
Butter, **590**
Chicken, **441**
French Dressing, **521**
Turkey Steak, **459**
Tartar Sauce, **579**
Tea
Hot, **90**
Iced, **91**
preparation of, 88
Russian, **90**
Spiced, **90**
Temperatures
for bacteria growth, 41
convection oven, 37
deep-fat frying, 38
for food safety, 42
for food storage, 40
metric equivalents, 36
for produce storage, 471
for roasting
meats, 313–314
poultry, 438–439
for serving and holding, 43
for serving food, 43
standards, 44, 45
Teriyaki Glazed Pork Loin, **348**
Teriyaki Steak, **327**
Thimble Cookies, **218**
Thousand Island Dressing, **518**
Timbales, Chicken, **681**
Vegetable, **681**
Time and temperature standards, 45
Toasted Spice Blend, **592**
Toasting Spices, **592**
Tofu, 368
and Broccoli Szechwan, **430**
Stir-Fry, **447**
Sweet and Sour, **429**
Vegetable Jambalaya, **431**
Tomato(es)
Aspic, **492**
Baked, **675**
Italian and Zucchini, **677**
Barley Soup, **613**
Basil and Cheese Pinwheels, **85**
Basil Salad, **480**
Bouillon, **600**
Broiled Slices, **675**
Cabbage Salad, **509**
Cilantro Rice, **405**
Cottage Cheese Salad, **509**
and Cucumbers, **487**
French Dressing, **521**
Herb Roasted, **676**
Juice Cocktail, **99**
Hot Spiced, **100**
Marinated, **481**
and Mozzarella Salad, **482**
Mushroom-Stuffed, **675**
preparation for salads, 468
Relish, **481**
Rice Soup, **613**
Salad, Stuffed and variations, **508–509**
Sauce, Italian, **573**
Sauce, Sandwich, **387**
seasonings for, 675
Spinach-Stuffed, **675**
Zucchini Sauce, **572**
Toppings
for bread and rolls, **154**
Butter Cinnamon, **154**
Butter Crunch, **154**
Crumb, **154**
Honey Streusel, **111**
Tossed Vegetable Salad, **474**
Tostadas, **555**
Trio Baked Beans, **639**
Triple Bean Salad, **476**
Tuna
à la King, **450**
Broiled with White Beans and Tomato, **297**
Creamed, and variations of, **303**
Loaf, **301**
Melt, **547**
and Noodles, and variations, **302**
Pasta Salad Plate, **507**
and Rice, **302**
Salad, and variations, **507–508**
Salad Sandwiches, **537**
Grilled, **537**
Tetrazzini, **395**

Turkey
à la King, **450**
carving, 401, 439
cooking methods for, 434
Croissant Salad Plate, **510**
and Dumplings, **458**
and Noodle Casserole, **456**
Pot Pie, **455**
roasting guide for, 438–439
Salad, **499**
Hot, **451**
sandwiches. *See* Sandwiches
Scalloped, **452**
skinning and boning, 434
Steak, Creole, **459**
Lime Tarragon, **459**
Taco, **555**
Tetrazzini, **395**
Vegetable Soup, **606**
Turnip greens, cooking of. *See* Spinach
Turnips with Peas, **655**

U

Under-the-Sea Salad, **491**

V

Vanilla Cream Pudding, and variations, **250**
Vanilla Sauce, **586**
Veal
Birds, **346**
with Sausage Stuffing, **346**
Breaded Cutlets, **347**
Cacciatore, **347**
cooking methods for, 312–323
New Orleans, **347**
Parmesan, **347**
Piccata, **347**
Scallopini, **347**
timetable for
braising, 322
cooking in liquid, 322
roasting, 315
Vegetable(s), 629–683
See also individual vegetables
Beef Soup, **602**
canned, directions for heating, 630
Chow Mein, **340**
Chowder, **620**
Collage, **480**
Couscous, **419**
dried, directions for cooking, 632
fresh and frozen, 629–630
boiling, 630
cooking of, 630
steaming, 630
stir-frying, 630
Marinade, **594**
Paella, **406**
and Pasta Salads, **473–489**
preparation for salads, 467
Salad, Tossed, **474**
Sauce for Pasta, **387**
Soup, **602**
Cream of, **616**
Stir-Fried, **678**
Timbale, **681**
timetable for boiling or steaming, 631
yield in preparation, 21
Vegetable(s) Stir-Fry, **447**
Vegetables, grilled or roasted, **682**
Garlic and Fennel Roasted, **683**
Sesame Roasted, **683**
Sesame Roasted, **683**
Sherry Roasted Root, **683**
Vegetarian (meatless) entrees, **718**
Vegetarian Spaghetti, **390**
Velouté Sauce, **562**
Vichyssoise (Chilled Potato Soup), **627**
Vinaigrette Dressing, and variations, **523–526**
Vinegar, types of, 470

W

Waffles, **130**
Pecan, **130**
Waldorf Salad, and variations, **493**
Jellied, **491**
Walnut Chiffon Cake, **168**
Walnut Coffee Cake, **121**
Wassail, **99**
Wax beans, cooking of, 634
Seasoned, **634**
Weights and measures
rounding off, 53
used in recipes, 71
Welsh Rarebit, **286**
Western Sandwich, **553**
Whipped Margarine or Butter, **534**
White Bean and Tomato Sauce, **571**
White Bread, and variations, **136–137, 138**
White Cake, **169–170**
White Sauce, and variations of, **561**
Mix, **560**
White Wine Sangria, **96**
Whole Wheat
Biscuits, **111**
Bread, **137, 138**
Muffins, **112**
Pancakes, **129**
Rolls, **148**
Sugar Cookies, **211**
Wieners. *See* Frankfurters
Wilted Lettuce or Spinach, **670**
Wine and bar service, 713
bar stocking guidelines, 716
Wine purchasing guide, 716
Wine selection guide, 714–715

Y

Yeast bread. *See* Breads, yeast
Yellow Angel Food Cake, **167**
Yellow Cake, **171**
Yield of fresh fruits and vegetables, 21
Yield of recipes, 70
Yogurt Herb Dressing, **528**
Yogurt Orange Dressing, **528**

Z

Ziti with Four Cheeses, **386**
Zucchini squash. *See* Squash, zucchini

BREADS

Exhibit I Bread Loaves

Well-shaped and nicely browned bread loaves. (Photos courtesy of the Kansas Wheat Commission)

Exhibit II Bread Shapes

Basic bread or roll dough is shaped easily into a variety of products. (Photos supplied by Fleischmann's Yeast, Inc.)

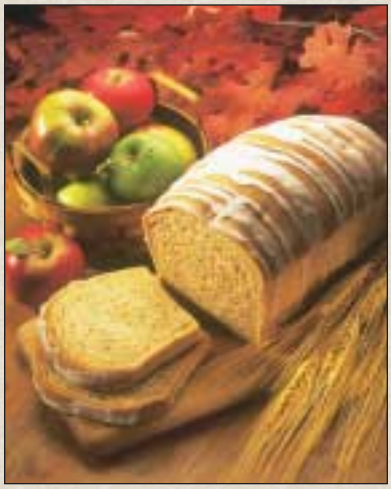
Exhibit III Bread Shapes

(Photo used by permission of Red Star Yeast and Products [Division of Universal Foods Corporation] Milwaukee, Wisconsin)

(Photo supplied by Fleischmann's Yeast, Inc.)

(Photos courtesy of the Wheat Foods Council)

Exhibit IV Yeast Bread Variations



Yeast bread variations may be made by adding toppings either before or after baking or by making decorative cuts before baking. (Photos courtesy of Fleischmann's Yeast, Inc.)

Yeast bread dough may be made into a variety of shapes. (Photos courtesy of the Wheat Foods Council)

(Focaccia photo courtesy of Fleischmann's Yeast, Inc.)

Exhibit V Quick Breads

Scones and biscuits add variety to quick bread selections. (Photos courtesy of the Wheat Foods Council)

MEATS

Exhibit VI Beef Steak Color Guide

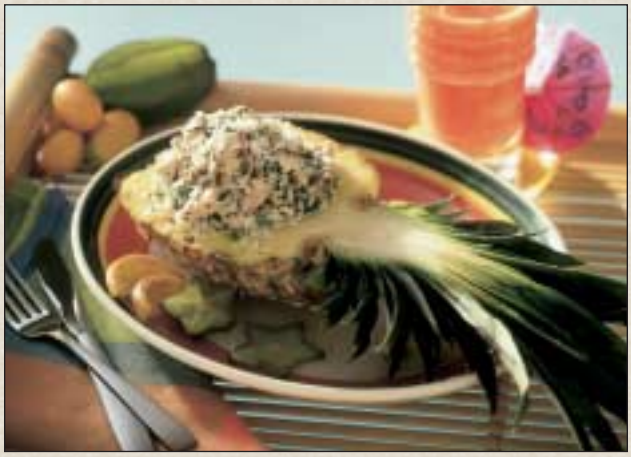
(Photo courtesy of the National Cattleman's Beef Association, Chicago, IL)

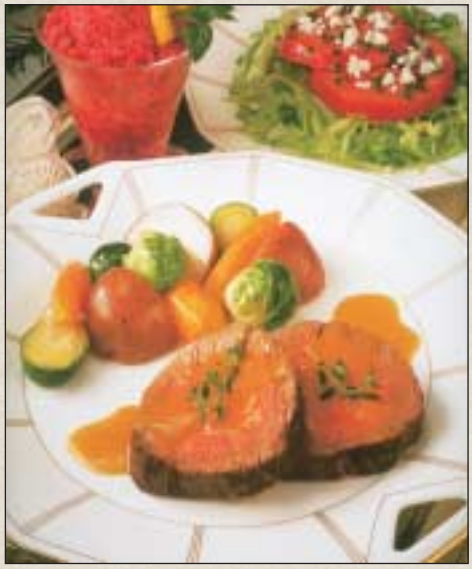
Exhibit VII Buffet Display

Beef attractively displayed on a buffet table. (Photo courtesy of Tyson Foods)

Exhibit VIII Plate Garnishes

Garnishes and plate presentation suggestions for beef entrees.





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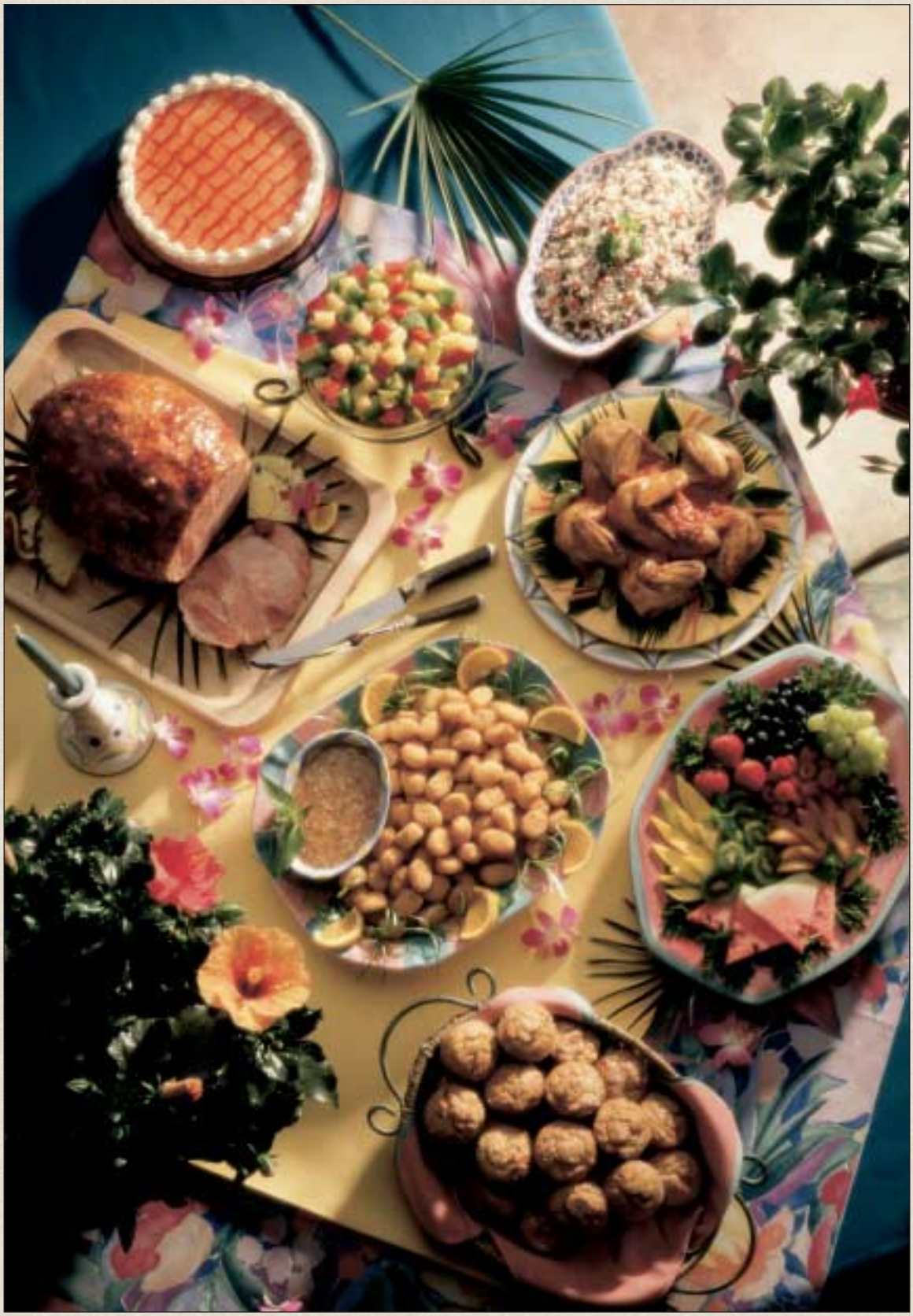
(Photos provided by the National Cattleman's Beef Association, Chicago, IL)

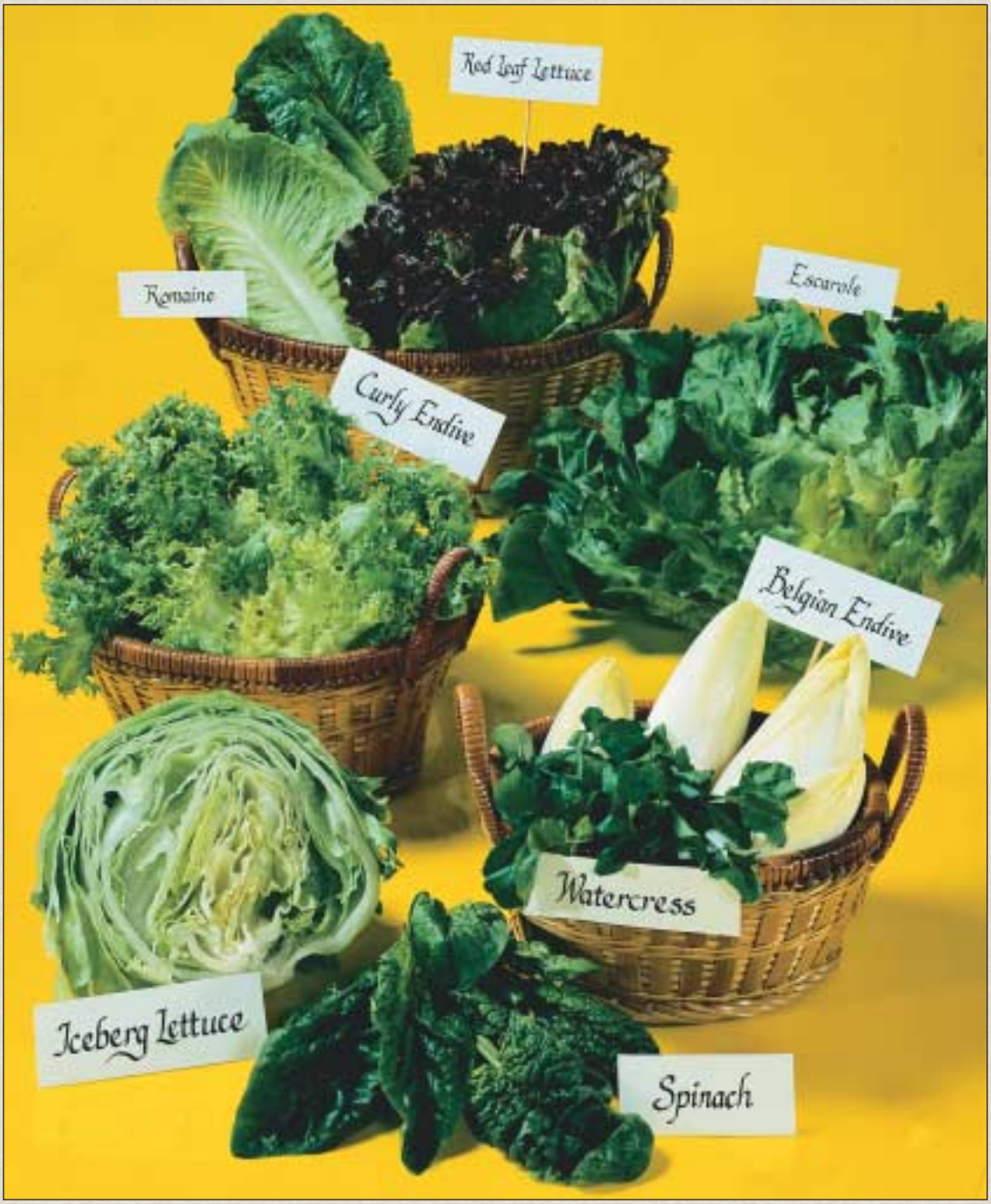
Exhibit IX Food Garnishes



Garnishes add to the attractive presentation of entrees. (Photo courtesy of Tyson Foods)

SALADS

Exhibit X Salad Greens



(Photo courtesy of the United Fresh Fruit and Vegetable Association, Alexandria, VA)

Exhibit XI Fresh Herbs

(Photos courtesy of The Green House Fine Herbs, Encinitas, CA)

Arugula

Baby Dill

Basil

Bay Leaves

Chervil

Chives

Cilantro

Italian Parsley

Marjoram

Mint

Oregano

Rosemary

Royal™ Opal Basil

Sage

Savory

Sorrel

Tarragon

Thyme

Exhibit XII Common Types of Mushrooms

Agaricus (White Buttons)
Description: This widely available mushroom varies in color from white to light brown and in size from small to jumbo. It is plump and dome shaped and is also referred to as the "button mushroom."
Flavor: Pleasing flavor intensifies when cooked. Those with open veils and more mature and have a richer taste.
Handling: Refrigerate upon arrival. Leave in shipping container until needed. Shelf life, approximately 5–7 days.
Usage: Very versatile and may be used fresh or cooked. Before use, rinsed quickly in cool water.

Portabella (Portobello)
Description: Largest of the commercially available mushrooms, with a tan/brown cap.
Flavor: Deep, meat-like, earthy flavor and substantial texture.
Handling: Need circulating air to remain fresh. Shelf live, 7–10 days.
Usage: Serve whole or sliced, grilled, baked, or deep fried, or as an appetizer, side-dish, or entree. Good in sauces. Before use, rinse quickly in cool water.

Crimini (Italian Brown, Golden Brown
Description: Look for naturally dark cap that ranges in color from light tan to rich brown.
Flavor: Meaty and earthy flavor is more intense than the agaricus.
Handling: Refrigerate upon arrival. Leave in shipping container until needed. Shelf life, approximately 5–7 days.
Usage: Can be substituted in any recipe using white buttons when more full-bodied taste is preferred. Before use, rinse quickly in cold water.

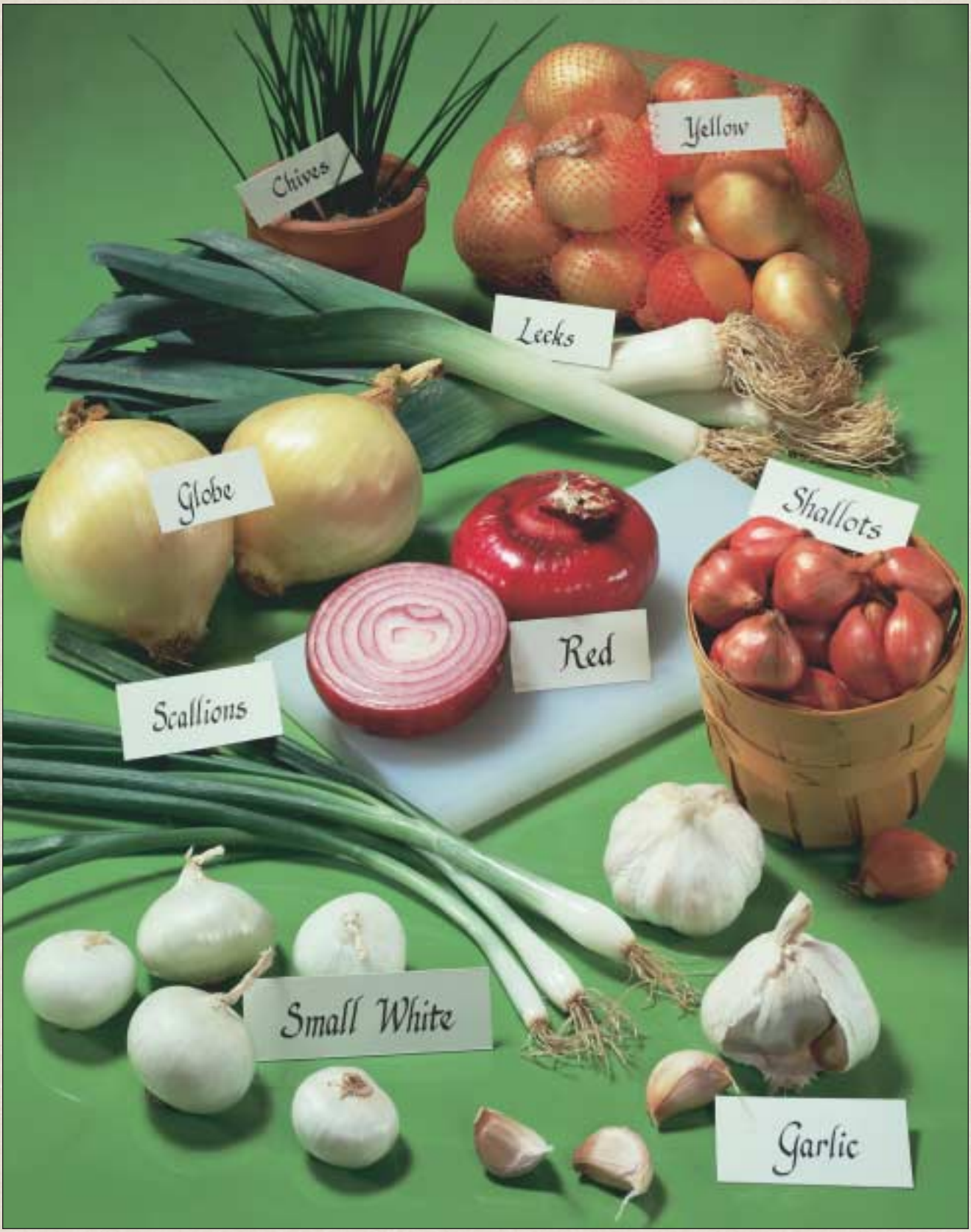
Enoki
Description: With their long stems and tiny caps, these small white mushrooms are joined at the base and resemble bean sprouts.
Flavor: Light and mild flavor with a crisp texture.
Handling: Like the shiitake, with proper care, shelf life is approximately 14 days.
Usage: Most poplar uses are for sandwiches and delicate salads. Used for garnishes and oriental dishes and soups. Trim base and separate stems.

Shiitake (Oak, Chinese, or Black Forest)
Description: Color rages from tan to dark brown. Characterized by broad, umbrella-shaped caps, wide open veils and tan gills.
Flavor: Rich, full-bodied, meaty, woodsy flavor with a spongy texture when cooked.
Handling: Similar to agaricus. Shelf life up to 14 days.
Usage: Best if cooked. Remove stems prior to cooking. Before use, rinse quickly in cool water.

Oyster (Pleurotus)
Description: Fluted cap resembles a fan or oyster shell. Colors range from a soft beige-brown to gray.
Flavor: Can be eaten raw but more often cooked to bring out delicate flavor and velvety texture.
Handling: Carefully rotate stocks. Refrigerate in a bowl covered with slightly damp cloth. Typical shelf life is 5–7 days.
Usage: Often sliced raw in salads, also used in dishes with chicken, pork, seafood, or veal. In preparations calling for extensive cooking, add toward the end to preserve delicate texture. Rinse quickly in cool water before use.

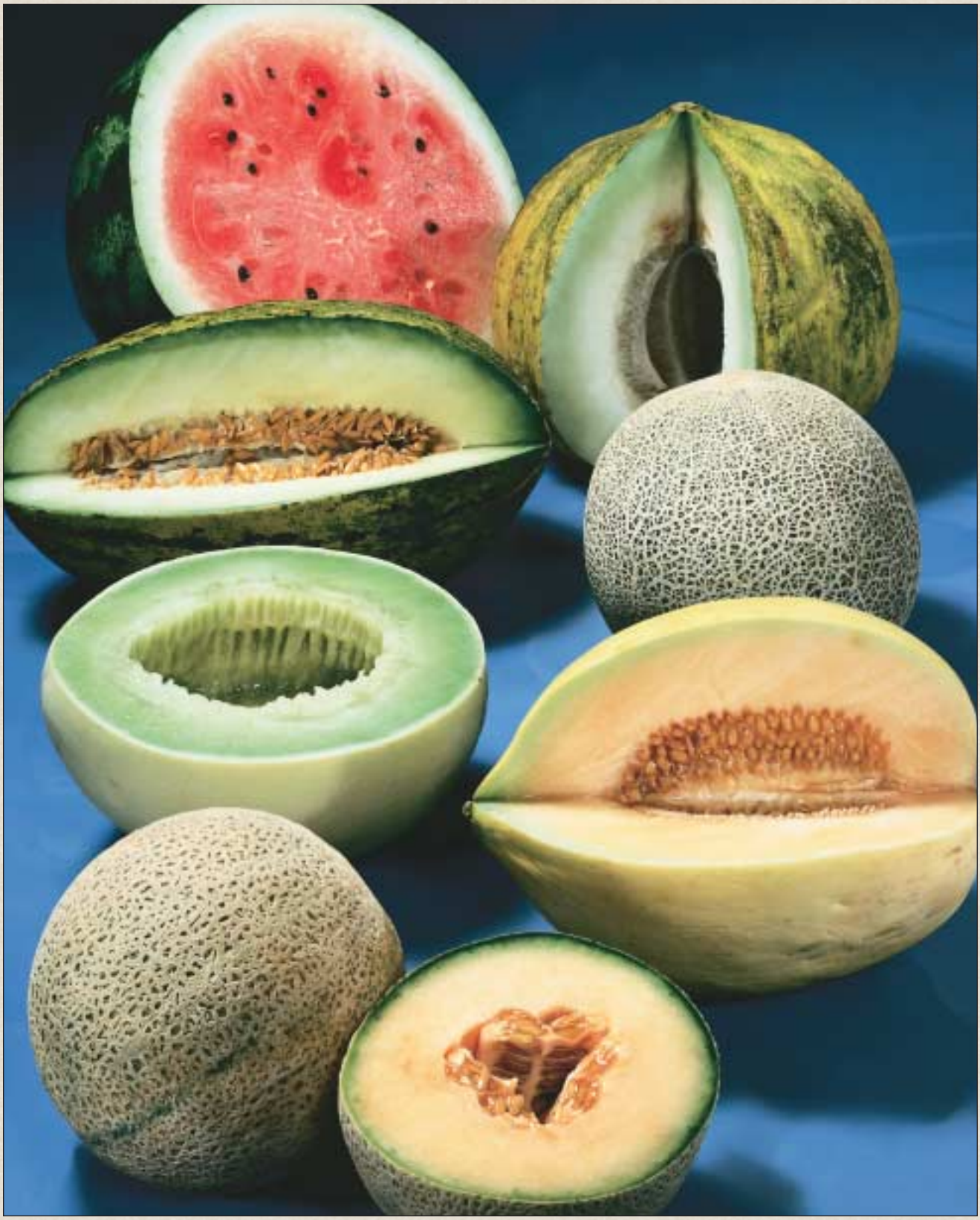
(Photos courtesy of Monterey Mushrooms, Inc., Watsonville, CA)

Exhibit XIII Types of Onions



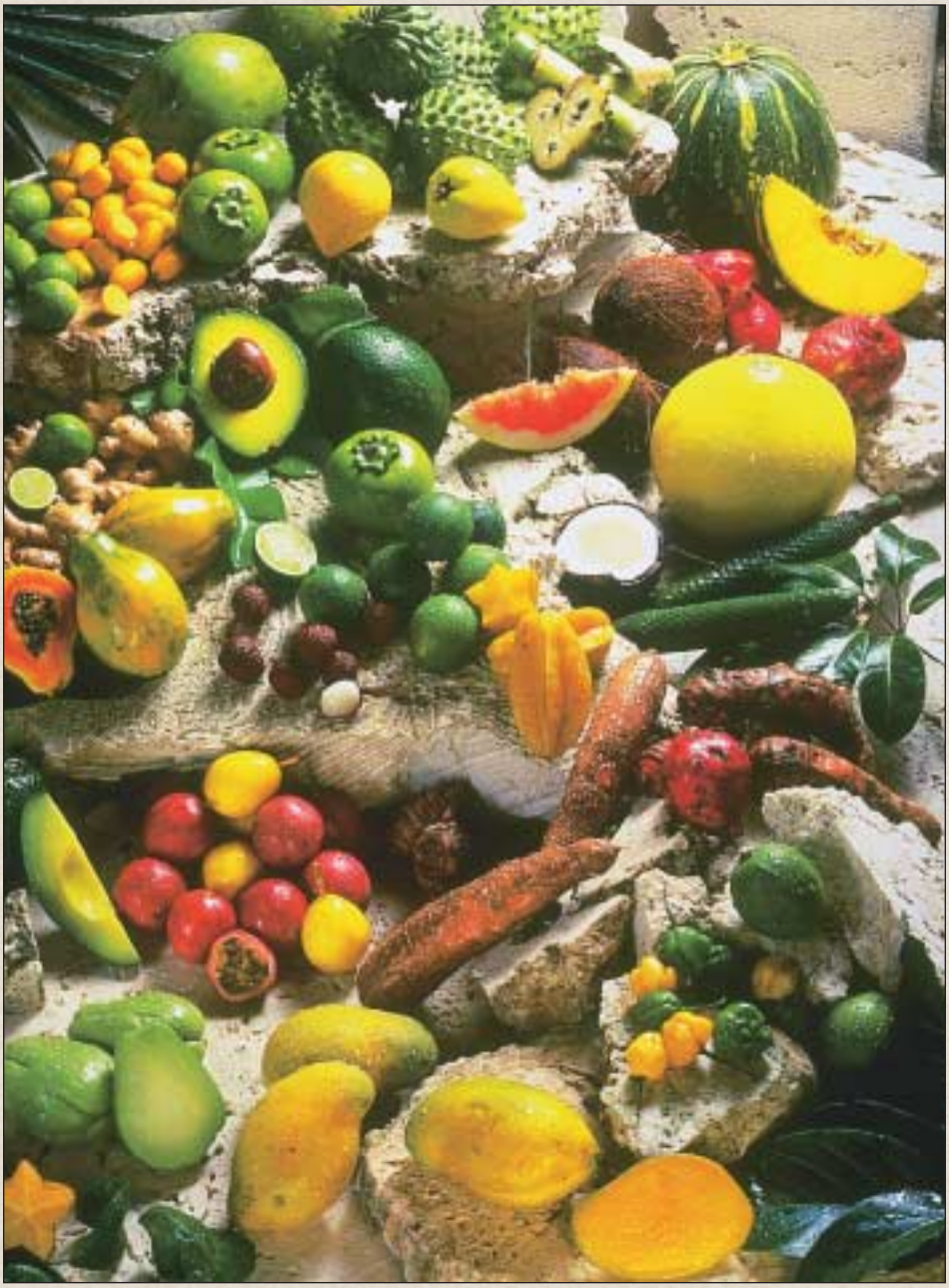
(Photo courtesy of the United Fresh Fruit and Vegetable Association, Alexandria, VA)

Exhibit XIV Melon Varieties



(Clockwise from top left): watermelon, casaba, Persian, Crenshaw, cantaloupe, honeydew, and Santa Claus.
(Photo courtesy of the United Fresh Fruit and Vegetable Association, Alexandria, VA)

Exhibit XV Variety Produce



Less commonly used produce adds variety to the menu. (Photo courtesy of Brooks Tropicals, Homestead, FL)

1. Atemoya
2. Avocado
3. Black Sapote
4. Boniato
5. Calabaza
6. Canistel
7. Carambola
8. Cassava/Yuca
9. Chayote
10. Coconut
11. Ginger
12. Guava
13. Key Lime
14. Kumquat
15. Lime
16. Lychee
17. Malanga
18. Francis Mango
19. Monstera
20. Papaya
21. Passion Fruit
22. Pummelo
23. Scotch Bonnet Pepper
24. Sugar Cane
25. Taro
26. Water Coconut

Exhibit XVI Fruit and Vegetable Garnishes

(Photo courtesy of Tyson Foods)

Exhibit XVII Entree Salads and Presentation Ideas

(Photos courtesy of the National Cattleman's Beef Association, Chicago, IL)

(Photos courtesy of Tyson Foods)

Vegetables, greens, and fruits complement beef for attractive entree salads.

Exhibit XVIII Entree Salads

(Photos courtesy of Tyson Foods)

Exhibit XIX Entree Salads

(Photo copyright: The Norwegian Seafood Export Council)

(Photo courtesy of Tyson Foods)

Exhibit XX Sandwich Presentations

(Photos courtesy of Tyson Foods)

(Photo copyright: The Norwegian Seafood Export Council)

Exhibit XXI Sandwich Presentations

(Photo courtesy of the National Cattleman's Beef Association, Chicago, IL)

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